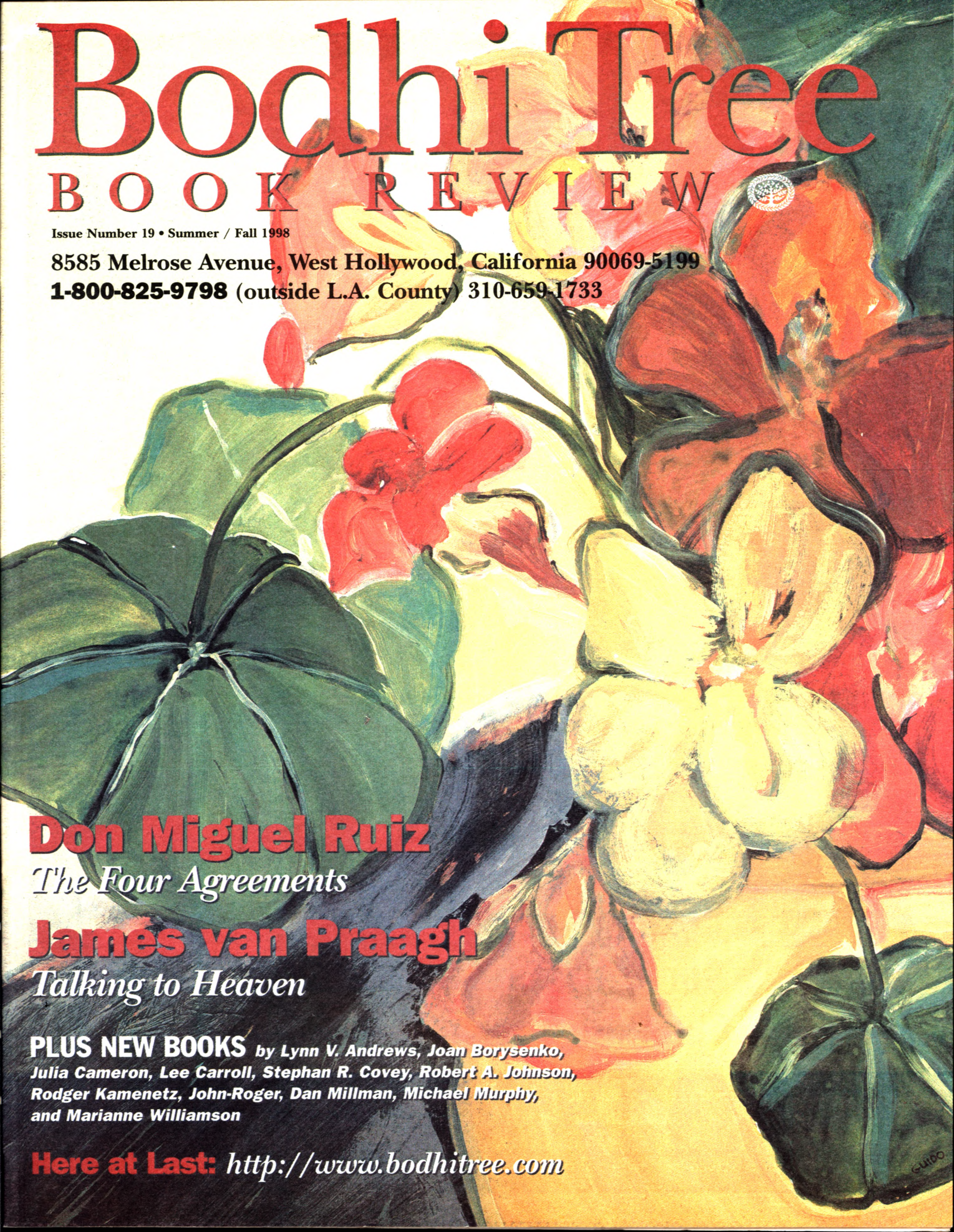


Bodhi Tree

BOOK REVIEW



Issue Number 19 • Summer / Fall 1998

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Don Miguel Ruiz

The Four Agreements

James van Praagh

Talking to Heaven

PLUS NEW BOOKS by Lynn V. Andrews, Joan Borysenko,
Julia Cameron, Lee Carroll, Stephan R. Covey, Robert A. Johnson,
Rodger Kamenetz, John-Roger, Dan Millman, Michael Murphy,
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Little Girl



Bodhi Tree Book Review

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Issue Number 19
Summer / Fall 1998

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ON THE
COVER

"Nasturtiums," an original painting by Carol Guido, Pacific Grove, California

INTRODUCTION

The winter came with warnings of "El Nino." The warnings became reality with periods of torrential rain and bouts of heavy weather. There were some fierce tornadoes. Someone noted, "Mother Nature bats last." Now spring has blossomed. The water that caused so much consternation and destruction now helps create beautiful velvety green hills and carpets of desert flowers. The city looks and feels clean.

*Deep-frozen stays the ice in shady places
Which did not see the radiance of my sun.
But ev'ry ice that saw the sun-face smiling
Says, melting: "I'm the water that grants life."*

— Jalaluddin Rumi

from *Look! This Is Love: Poems of Rumi* translated by Annemarie Schimmel

Many noted authors have new books to entice us. In *Love and Power*, Lynn A. Andrews tells how to live joyfully by learning to dynamically balance love with power (see *Shamanism*). Joan Borysenko describes the end of separateness through love and divine union in *The Ways of the Mystic: Seven Paths to God* (see *Western Mysticism*). Mark Bryant has teamed up with Julia Cameron and Catherine Allen to develop a creativity program designed for people in the work place. It is *The Artist's Way at Work* (see *Creativity*). Stephen R. Covey helps us understand our family relationships in *The 7 Habits of Highly Effective Families* (see *Childcare & Education*). In *Spiritual Warrior*, John-Roger explains how the warrior embraces awareness and freedom through observation (see *New Age Philosophy*). Robert A. Johnson reveals for the first time his own fascinating and mystical life in the memoir, *Balancing Heaven and Earth* (see *Jungian Psychology*). We find out how to turn everyday life into a spiritual adventure through Dan Millman's new book, *Everyday Enlightenment* (see *New Age Philosophy*). Michael Murphy returns to golf and beguiles us with more stories involving legendary golf pro Shivas Irons in *The Kingdom of Shivas Irons* (see *Literature*). Murphy says, "My search had taught me that memory and imagination have well guarded thresholds beyond which life changing discoveries await us." In *Stalking Elijah* (see *Judaica*), Rodger Kamenetz takes us further along the journey begun in *The Jew in the Lotus*, a dialogue between rabbis and the Dalai Lama about Buddhism and Judaism, to the discovery of the secrets of Jewish meditation and prayer. The Dalai Lama's own insights into inner peace and world peace appear in a new anthology, *Wisdom Teachings of the Dalai Lama* (see *Tibetan Buddhism*). Marianne Williamson's message is that prayer illuminates our souls and can change the world. She beautifully presents these truths in her new book, *Illuminated Prayers* (see *Course in Miracles*). In addition to these books, please don't forget to check out the Editor's Choices (listed on page 8) as well as the other intriguing books in each subject.

Our two features show spirituality from two different perspectives. Don Miguel Ruiz, a Toltec shaman and author of *The Four Agreements*, explains the shamanistic way of recreating your dream to transform your life, while James van Praagh, a spiritual medium and author of *Talking to Heaven*, bridges the gap between two worlds and makes it possible to communicate with those who have passed on.

We know that the Bodhi Tree is but one of many places to purchase books. We offer an extraordinary relationship to you through comprehensive selection, service and a warm, friendly environment. And there is something about the way the building itself effuses the essence of communal spiritual endeavors. So, thank you for choosing us to be your bookstore. We appreciate your patronage and friendship. May our offerings of books and music inspire you and contribute to a wonderful summer and fall.

Here at last: <http://www.bodhitree.com>

We now have a working web site. It's simple but we will continue to improve it. You can find out who we are, our history, and what we do. We also list our services such as mail order and present a convenient calendar of our monthly events. In addition, you will find talks by some of the authors who have appeared at the Bodhi Tree, beginning with Lama Surya Das talking about *Awakening the Buddha Within* and Steven Levine for *A Year to Live*. Soon we will add more. The *Bodhi Tree Basic Booklist: Reading Suggestions for a Spiritual Quest* is listed. If you are just becoming interested in metaphysics or the spiritual and want to learn more, our booklist provides both a starting point and suggestions for further exploration and study. It will appear again in the Winter 1998/Spring 1999 Bodhi Tree Book review, and we will continuously update it on the net. Coming: We will add listings of books, audio, music and gifts. We will have a "shopping cart" for selections and a secure payment system.

The site is still in its infancy and we invite your comments. Please let us know what you would like to see.

Other internet news: we continue to be affiliated with *Health World Online* — *A Comprehensive Alternative Healthcare Center*. As their official bookstore, we provide a wide array of both health and related spiritual books online. The online address of *Health World* is: <http://www.healthworld.net>

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DON MIGUEL RUIZ, AUTHOR
OF THE FOUR AGREEMENTS, TELLS —

How to Recreate Your Dream

Don Miguel Ruiz was born into a family of healers and raised in rural Mexico by a curandera (healer) mother and a nagual (shaman) grandfather. He initially embraced a secular life choosing to become a doctor until a near-death experience pulled him back to his heritage.

He devoted himself to mastering his ancient ancestral wisdom, studying with his mother and a powerful shaman in the Mexican desert. His grandfather, who has passed on, continues to teach him in his dreams. In the tradition of the Toltec, a nagual guides an individual to personal freedom.

Don Miguel Ruiz is a nagual from the Eagle Knight lineage and is dedicated to sharing his knowledge of the esoteric teachings. Ruiz has an exceptional ability to explain the shamanistic way of life, and his teachings can lead to dramatic personal growth, love and a greater sense of well being.

I always begin with a prayer. Please close your eyes and be as comfortable as possible. I want you to use your imagination so we can dream together. I want you to imagine that everything that exists is the result of magic, and about magic, and that you have the power to control the magic. I want you to imagine that your power has no limits and that everything is possible for you. I want you to imagine that you have power over the dreams and that everything is a beautiful dream. A dream of love. A dream of life. I want you to imagine that you can fulfill any dream that you want and make it come true. I want you to imagine that you have the courage to speak your truth wherever you go, and share yourself with no fear. I want you to imagine that you no longer have the need to live your life by pleasing other people's point of view or that you are afraid of rejection. I want you to imagine that your life can be so wonderful and so beautiful. I want you to imagine that you live your life in love, with self respect and honor, and that you will be appreciated wherever you go. I want you to imagine that you are no longer searching for perfection because everything is perfect. I want you to imagine that you're not searching for God anymore because you know that He is with you all the time. I want you to imagine that you are not afraid to die anymore. I want you to imagine that you can walk around the world with the heart completely open — and that you're not afraid to love anymore — that you love yourself so much that you no longer need to go begging for love, because you're not afraid to be alone. I want you to imagine that life is perfect just the way it is.

Our Father, Mother, God — we are

photograph by Barbara Simon

here with you once again to show our gratitude, our love, and respect for all your creations. To let you know that we really enjoy our lives that are passing for us and that we love and respect you. That from now on, we are going to live our life in a completely different way. Thank you, God, for helping us to manifest a beautiful life and to share a love with each other.

Now I want you to open your eyes. All the work I do is based on imagination. What I did in this meditation with your imagination is to share with you the way I dream my own life. It is my choice to dream not because it's real or not real, but because it's what makes my heart sing and be happy. I choose to build the dream of my life with love and to share my dream. What is important for me is to be that way because that's the way I really am. All the drama in your life, all the comedy in your life, all the love in your life, all those disappointments, the good parts, the bad parts — all of that is nothing but a dream. And it's wonderful to know that since it is a dream, you can start taking charge of how to dream your life. It's not about believing or not believing. It's about what it is. You dream your life according to what you believe. We can say that we perceive the same things, but we analyze everything completely different. We take it in a different point of view but it's just a dream. The way you dream your life, you create all those images about yourself and about everything — all those images about how everything should be: how the government should be, how religion should be. You create a whole mythology — heroes and villains. That mythology is just your belief and it's not even real or true. But it's what rules your life and the whole society — the whole humanity. But it's just a dream. And by being a dream master, we change as fast as the dream changes. And we adapt to the dream instead of resisting the dream and guide the dream in whatever direction we want to.

I want to share with you the three rules that I have in order to accept an apprentice. Rule Number 1: Don't believe me. I don't want you to believe me but I want you to listen and make choices — your choices. If what I say, doesn't work for you, leave it. But if it works for you and that's what you want, then make it yours. Rule Number 2: Don't believe yourself. Why? Because most of your belief system is a lie — it's not true. And by believing yourself, you create all the limitations that don't allow you to be what you really are. Don't believe yourself. Listen to what you say, listen to what you think, listen to what you believe. And when you listen, open your ears, open your mind, open your intelligence and make choices. Rule 3 is, don't believe anybody else. Don't believe them at all. Open your ears and your mind; listen and make choices.

If you just follow these three simple rules, you can go anywhere in the world and still protect the dream of heaven in your mind. You have to be aware of what it is that you believe. You have to listen to that voice and make choices. But just because you hear an inner voice, does that mean it's true? No. Don't believe it. Follow your heart. You can understand. And you can make choices.

What I'm giving to you right now is the first half of the mastery of transformation which is the destruction of an old dream or belief system — a whole belief system that creates a nightmare in every person's life. It is a nightmare that makes humans into slaves and puppets of that dream. It is a dream that makes you believe that you're just a human and that you're not perfect. But you're much more than a human. There's all that possibility — all that world of magic and power that is limited by your own beliefs, by your own life, by the way you lie to yourself. If we change that, there's nothing else that can limit us. Everything is possible, including for you to be always happy and always in love.

Once you break all those beliefs: you don't believe me, you don't believe yourself, you don't believe anybody else, it begins to look like chaos. Why? Because the reason we need to believe is in order to feel faith. You feel that your whole system is cracking, so you no longer are safe. Well, that's when the mastery of transformation comes in. The second half of the mastery of transformation is the re-creation of a dream.

And that's what the four agreements are about. My next book is going to be about the first half of mastery of transformation. It's already on the way. But the four agreements are the way to re-create the dream. And the result is what we call the mastery of love, which is the way to live your life. It's what I was describing to you in the opening meditation and a way of being, in your own way, with your integrity, just the way you are. You'll learn the power journey.

The Four Agreements **A Practical Guide to Personal Freedom**

By Don Miguel Ruiz

\$12.95. 138 pp. paper. ISBN 1878424319.

Amber-Allen Publishing



Drawing from ancient Toltec teachings, Don Miguel Ruiz explains how we learn to live within a distorted, self limiting belief-vision that rules our relationships with others, society and ourselves, creating frustration, unhappiness and an inability to love. Ruiz, who has a persuasive ability to untangle complex concepts, characterizes these beliefs as "dreams" which have the power to rule our lives. Ruiz shows how we can change our lives by understanding the untruthfulness of our "dreams" and learning to change them by applying the "four agreements," leading to a total self-transformation. The book's clear and powerful concepts are stepping stones that can both open one's awareness and provide a well-grounded pathway toward freedom, true happiness and love. — SM

Also, please see *Beyond Fear* in the *Shamanism* section. This book represents the teachings of Don Miguel Ruiz as recorded by Mary Carrol Nelson.

You're living in my dream when we're on power journeys — in a dream that is completely love. And you see the possibility to live your life always in that way. You want another possibility — by knowing your own way. But you need to do your work to change your beliefs and your ways. You need to become the dream artist. It's the supreme art that all humans have. Your whole life is just a masterpiece of art, good or bad — it doesn't matter. But when you have the awareness and power, you are definitely going to make different choices. Having that power is what we call free will. If you make a choice, you're never going to choose anger, jealousy, emotional pain, or suffering. You choose that way of dreaming because you have no choice. If you have a choice, you are going to be always happy, always in love. Do we have any questions?

Audience: What do you mean by "not believing in yourself?"

Ruiz: Don't believe yourself. Let's see why you don't believe yourself. You know, all the lies need your attention. They need you to believe in them in order to survive. If you don't believe yourself, guess what's going to survive? The truth. Only the truth survives. Because the truth doesn't need you to believe it. It is lies that need to be believed. You don't need to believe in God.

All humans become the slaves of knowledge. But when you no longer believe, knowledge is a tool for communication. You have the power over knowledge — you know it's not true but you use it to communicate. It's part of your magic and power. For example, I'm using language or concepts, which is knowledge, to communicate with you. Believe it or not, we can really communicate. But if knowledge enslaves you, I will speak what I know, and you will speak what you know, but we will hardly communicate at all. You will try to impose your truth. I will try to impose my truth. And it's no longer fun.

All that is knowledge playing with us. But don't believe it. You know what you want. And you trust more and more and more in what you want. You will say no when you want to say no, or yes when you want to say yes. And you take

complete responsibility for that. Isn't that wonderful? Yes.

Audience: What are the four agreements?

Ruiz: Number one is impeccability of the word which means that you never are going to use the word against yourself. You never go against yourself. Don't make assumptions because the way we learn to dream the dream is based on assumptions. That's how we create all those big dramas. By not creating assumptions, we avoid all those lies—we uncover part of our integrity. Another one is: Don't take anything personally. If you don't take anything personally, you will not be offended wherever you go. Because the truth is that whatever people do or don't do, it's not because of you. And the most important one is: Always do your best. For sure, you always can do your best. And your best changes all the time. It's not your best when you're sleepy, tired, sick — it's when you are awake or fresh. But by doing always your best, you're always going to be content with yourself.

Audience: When I do something, no matter how well I do it, I never feel that I do my best. What does it mean to do your best?

Ruiz: Okay. You never feel that you do your best because you have an image of yourself concerning what needs to be perfect. And that image that you have about being perfect is not true. It's one of the biggest lies that you have in your life. Then, in that way of judgment or point of view, you can never do your best. But it's only your point of view. It's not true that you didn't do your best.

You need to see that perhaps the belief about being perfect is not real. That fear of imperfection comes from the fear of not being good enough — because of not being accepted by whoever trained or taught you. But perhaps what I am saying right now could be the key for you to change your whole life. You open your mind and you listen. And if you don't believe them when they say, "Oh, no, you're not good enough," perhaps you will have a new opportunity in your life. And if you made the choice to do your best and believe it — that is your best. You have the power to make the choice.

Audience: How do I reclaim my free will?

Ruiz: That's a good question. You rebel. That means war, but it's an inner war, and that's why we call ourselves warriors. The war is to recall your free will. You reclaim it by challenging fear, anger, jealousy — whatever makes you suffer. It's a complete rebellion. It doesn't mean you are going to win or lose — who knows? But you try. Many people don't even try. But at least you try and want to be a warrior.

I just deliver a message. That's all I do. And that message is that you can control your dreams. The only truth is that you can be happy. You can have a wonderful life. You can be free to make your own choices. You can live in harmony with God right now.

I choose my own beliefs and I live my life by choosing those beliefs. And if at a certain moment, my life is not working well, I change the belief and my whole life changes again. And if it doesn't work, I can change again and again and again. Hey, what else are we going to do here? We have a mind, we can learn to dream. Why not dream the best way possible? And our life is so wonderful if you have the courage to live your life, to be yourself. Hey, why not? Why not?

Audience: What is rebelling?

Ruiz: It's not accepting. You don't give up. You say, "I don't have to suffer." It doesn't mean that you deny that you're suffering. What it means is that you find another way of being, another way of believing. After rebellion, when you change your life, the last step is surrendering. You surrender to the fact that everything is perfect, that everything is wonderful, that this is when you'll really change your beliefs. It's a great question. Thank you, all of you, for giving me the opportunity to share my love with you once again.

THE FOUR AGREEMENTS

Be impeccable with your word.

Don't take anything personally.

Don't make assumptions.

Always do your best.

A Spiritual Medium's Glimpse of Life After Death

The first medium I ever met was an Englishman named Brian Hurst, who said to me as soon as he saw me, "There are lights around you and you're going to do what I'm doing in two years." I didn't believe a word of it, but it got me very, very interested in psychic phenomena, and about two years later, I was indeed doing psychic work — at a modest level. Friends would call me up and ask me for advice, mostly about their love lives.

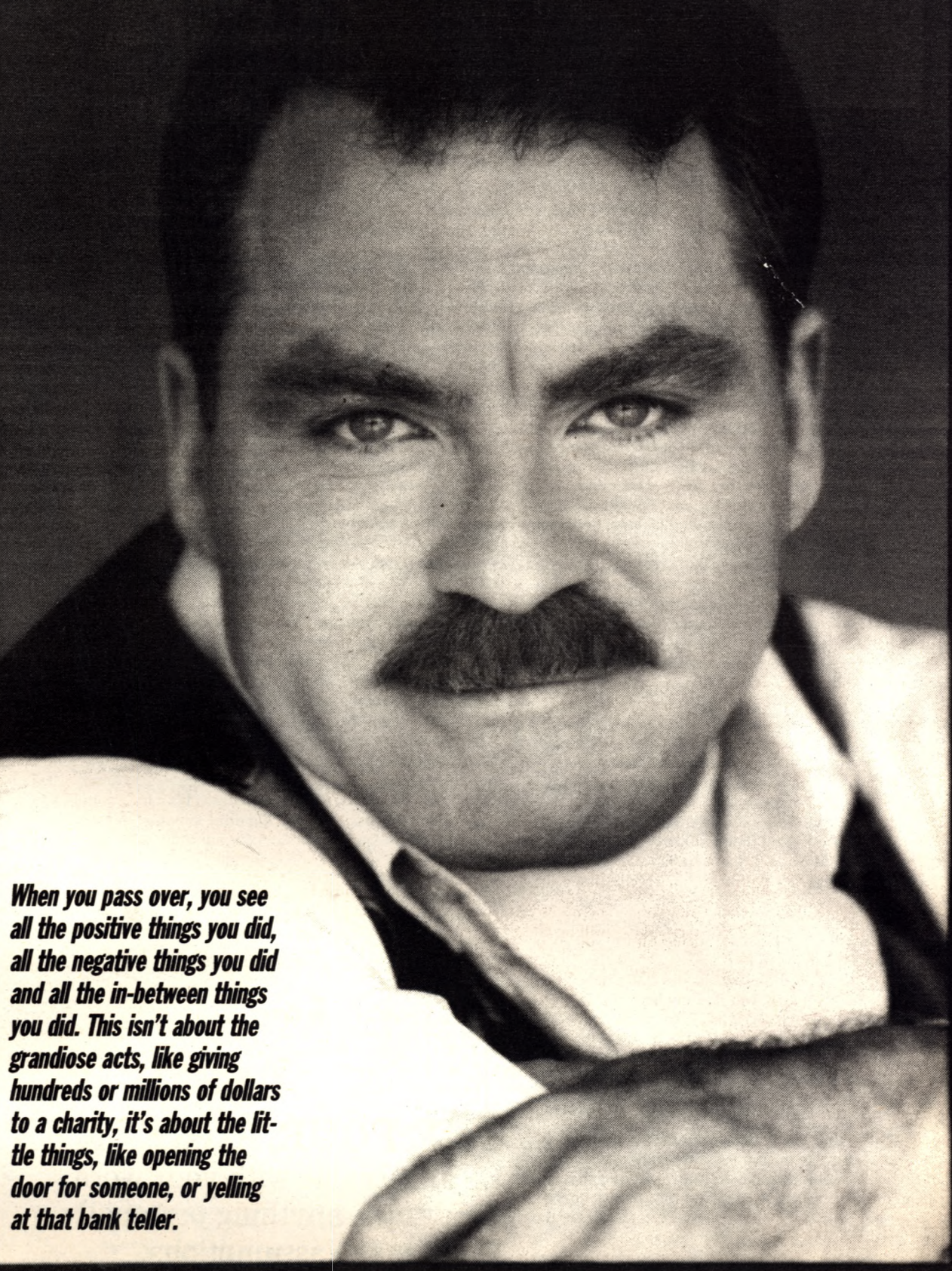
One day, a very specific message came through for the first time. I said to my client, "I don't know about your love life but there's a lady, a grandmother, who's telling me about Idaho." And she goes, "Well, that's where my grandmother lived." And I said, "I'm seeing a white house with yellow shutters." "Yes," she replied, "That was her house." And I continued, "There's a rose petal foot stool here." And she said, "My grandmother needlepointed and she made a rose petal foot stool and she always insisted that it was at her feet when she sat down on the chair."

That was the start of my career as a medium. All the time there was a sense of love and peace running right through me. In time, spirit said to me, "If you work with us full time, we'll take care of you." I quit my job and within months, I was booked up at least two or three months ahead, doing several readings a day.

Later, I was invited to a very special seance with Leslie Flint, a famous physical medium. During the seance, I was very skeptical, telling myself that the guy was nothing more than a ventriloquist. Then, suddenly a Frenchman's voice came through and said, "I want to talk to James! I want to talk to James! James! You're a sensitive. You'll help many people. You'll write a book one day. We will help you try to get the word out about life after death, and it will help many, many people." Well, here is the book — his words did come true.

Spirit people are always around and always helping us. If we just take the time to listen — to listen to ourselves, number one; and then to listen around us — our lives would be a lot easier. Love is eternal, God is eternal, and life on earth is our school. We go through our lessons, then we move on to the next level.

James van Praagh bridges the gap between two worlds, making it possible to communicate with those of our loved ones who have passed on.



When you pass over, you see all the positive things you did, all the negative things you did and all the in-between things you did. This isn't about the grandiose acts, like giving hundreds or millions of dollars to a charity, it's about the little things, like opening the door for someone, or yelling at that bank teller.

That's really all there is to it.

We need to enjoy as much as we can on this earth-level while we're here. Remember, what you give out, you always get back. The seeds that you sow, so shall you reap. I've heard a lot of regret, from many who have passed over. They didn't realize it until too late, but their thoughts, their words and their deeds really mattered. Say you're in a bad mood and you yell at your bank teller. You upset her in turn, and she takes it out on her co-worker. Then that co-worker yells at someone else. So it goes, further and further. When you pass over, you see all the positive things you did, all the negative things you did and all the in-between things you did. This isn't about the grandiose acts, like giving hundreds or millions of dollars to a charity, it's about the little things, like opening the door for someone, or yelling at that bank teller. You feel how the other person felt. You see how your one action was responsible for a number of people feeling bad. You see how we're all connected. Be careful with your thoughts, words and deeds. And when it's your turn to pass over and you say to your guides, "Well, I didn't know about this sort of thing." They'll say, "Yes, you did, because on January 7, 1998, you went to see James van Praagh and he told you about it!"

When you live in love consciousness, you notice that some people in your life fall away but those who are attracted to love consciousness come closer, because like attracts like. We're all energy. When it's time to pass over, you leave the physical body and you go to a spirit world which is at a faster vibration, a faster frequency. It's an energetic frequency of thoughts and mental worlds.

Audience: Do you communicate with your dead parents?

Van Praagh: The hardest part of mediumship is really discerning between your own thoughts and that of the spirit. That was the hardest part of my learning mediumship. When my mother comes through, I get a nice feeling with her but it's hard to be objective. Actually, my mother in the physical world was not there for me in many ways because she was an alcoholic. Yet when she passed over, she saw that she was not there for me and now she's come back to be a guide of mine. This happens quite frequently. People realize that they weren't able to be with their loved one on earth and they really regret that. So they try to help from a spiritual point of view. My mother has helped me quite a bit.

Audience: Do we all go to the same place when we pass over?

Van Praagh: After a fashion. There are various spiritual levels which exist. You enter the level you created based upon your thoughts, words and deeds. Most average, everyday people go to a nice place. People who don't have any consciousness go to a lower place. Those with very spiritual high nature go to a higher place.

Audience: Would you say the spiritual realm is our true home?

Van Praagh: We are, first and foremost spirit beings. This physical body is just a vehicle.

Audience: What about animals?

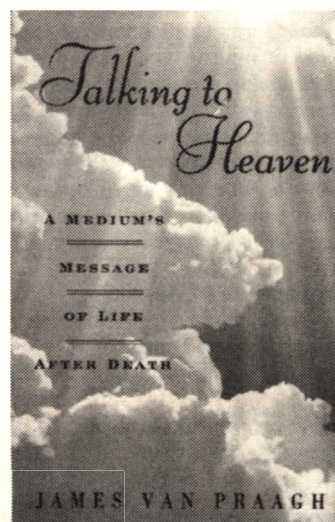
Van Praagh: Animals survive. The love bond between them and humans continues. I told one girl, "There's a lady here and she's a grandmother and she's bringing you a black and white kitten." And she started crying and said, "On the way here, all I could think about was my black and white cat who died just last week." "Well," I continued, "Grandmother's bringing him to you now." And she smiled, "She gave me that cat as a kitten when I was a little girl."

You'll see your pets again. Many times.

Audience: You say people who are executed by way of capital punishment are still tormented souls and they're angry and they search the earth for humans in order to use them.

Van Praagh: If people are killed before their time, they can remain angry because their lives are not finished yet. Many of those executed, especially the guilty ones, want to come back, because they don't have the consciousness to move on to a spiritual plane. They want revenge and often try to influence other people on earth. For example, we all have an etheric body, and if you do a lot of drinking or drugs, little pinprick holes appear in your aura. Some spirits on a very low consciousness, who perhaps miss the physical sensation of inebriation, want to re-experience it. So they attach themselves to that individual at a bar, for example, and by that person drinking, they experience the alcohol. At that point they can manipulate that individual.

Audience: Some say if you're not very smart on this side, when you pass over, you're not very smart on the other side either.



Talking to Heaven
A Medium's Message of Life After Death
By James van Praagh
\$19.95. 208 pp. cloth. ISBN 0525942688.
Dutton

Though James van Praagh assures his readers that everyone is born with psychic ability, it is clear from his book that he is especially gifted — he revealed his ability in the first grade.

Written with charm and wry humor, and brimming with astonishing stories, this best-selling book will not only convince readers of the existence of life after death, but it will

als . . . six lifetimes I went through this military thing. My guides showed me that I came back this time to help people with death, with healing, because I was responsible in those six lifetimes for pushing soldiers into war to kill thousands of people.

Audience: What is the period in between lifetimes?

Van Praagh: The average time for reincarnation is 200 earth years. It can be shorter, though we tend to come back in soul groups—with family and friends to work out our karma with them. It all depends on what is optimum for our soul's growth.

Audience: Could your pet come back with you then?

Van Praagh: Not necessarily. Humans and animals belong to two separate kingdoms. Your cat can come back as your cat again, or your bird, or your dog. It's likely that it stays in its own species.

Audience: What techniques do you use for separating your thoughts from your guide's thoughts?

Van Praagh: I get into a very receptive, alpha state. I've been doing this for fourteen years, so I can get right into that state. That's how I discern between myself and that other individual coming through in spirit.

of the medium. Some mediums are more skilled than others. Some people are better painters than others, some are better doctors than others . . . every medium is very, very different. It also depends on the spirit who wants to communicate. The more emotional they are, the easier it is for me, personally, to pick them up, because I work on an emotional level. And if you, the sitter are open, then the message comes through even more easily.

Audience: I get information on people around me, and I'm trying to ask who I'm talking to, but I'm not getting clarity.

Van Praagh: Tune more into the inner world instead of the outer world, then you'll begin to get this information. You begin to become part of the energy flowing through you and then you become able to recognize the various entities that are coming through you. Then you'll pick up whether it's a female or a male energy, and whether it's a mother, a father, girlfriend or whatever. I put numerous meditation exercises in the book to help you get to this level. I also suggest that people who are mediumistic sit in a development circle which is made up of six to eight people who sit every week. This way you build up

show them what death actually is, and what it means. After introducing us to his own evolution as a practicing psychic, Van Praagh explains how mediums work, and the various ways messages are received from those who have passed over. He also discusses karma, the activities of spiritual "guides," and the significance of execution, disease, suicide and accidents.

The book concludes with a comprehensive program for developing our own latent abilities, so that we can, at last, connect with our lost loves ones — not only for reassurance, but for life changing inspiration.

You refer to our earth lives in terms of a school. What's the ultimate objective?

Van Praagh: This is only one level of experience. Here, we experience life and learn about life, and how great it can be. Most people come down in the physical world to learn about love. And this is not simple, since there are many aspects of love. The ultimate, of course, is pure love and pure being which, I think, is beyond our comprehension in some way so long as we exist on the physical plane.

Audience: I was wondering about your views on those who do not feel comfortable on the earth plane.

Van Praagh: There are some people who come back before their time. They want to rush back and eliminate some negative karma. When they pass over and they see their life reviewed, they go, "Oh, God. If I only had the chance to do that over again, I would eliminate that immediately." There is a natural ebb and flow to life, but these souls insist on coming back into a incarnation way before things are put in place. Then they walk around here thinking, "I don't belong here. There's something not right."

Audience: My mother was murdered, and no one — not even any medium — has been able figure out who took her life.

Van Praagh: It may be difficult because she has moved to another level. You have to realize that the information that comes through very much depends on the ability

your energy so your spirit guides and teachers can develop you from the inside out.

Audience: Does the information you receive change? For example if you receive it from different people?

Van Praagh: Well, you have your own guides that work with you, and you have to become familiar with them. You can have different guides for different times in your life. Let's say you want to paint, for example. Well, you will attract an individual being, a guide, a teacher who will help you to do this. Maybe they specialized in the type of painting you want to pursue. You will draw them to you. Maybe you're a writer who wants to write a great mystery. Then you'll attract a writer who'll help you write this book. I didn't write my book alone. I had a lot of spirits influencing me.

Would you talk a little bit about the relationship between free will and karma?

Van Praagh: We arrive into incarnation with lessons we have to learn in order to develop and evolve. Our physical body exists simply to lead us through these different lessons. Our ego-self, which is in control of our free will lead us here or there, but our god-self will always bring us back to the path. We experience this for a little bit and then we say, "Oh, this does not work. It doesn't feel right here. Let's move on to something else." And we'll go on to the next thing. But just remember, you reap what you sow.

AGING TO ANGELS

Aging

Awakening at Midlife

A Guide to Reviving Your Spirit, Recreating Your Life, and Returning to Your Truest Self
By Kathleen A. Brehony
\$14.00. 373 pp. paper. ISBN 1573226327.
Riverhead Books

... at midlife, the soul is demanding to dance.

Perhaps you have experienced the disorientation, disruption, loss, and sense of things falling apart that often accompanies the journey into middle life. Nothing prepares us for the depth and complexity of this journey. Kathleen Brehony's book, however, is a valuable guide because she emphasizes that there is no singular map that applies to every person's psychological and spiritual call. The journey is often confusing, and may involve painful letting go and shedding of structures that no longer fit. But to provide some orientation, Brehony offers an adult developmental model and an introduction to Jungian concepts that make complex ideas about the Self, the Soul, and the concept of individuation more accessible. She highlights the role of the unconscious with the use of inspiring stories, though she does not gloss over the length of time nor the pain involved in our grapple with soulful forces.



This nether world is a place where a person's sense of identity is suspended, where there is no longer the same clear sense of "I"

that has been a lifelong companion up until now. Deeply felt loss, nostalgia, grief, and mourning accompany us through this passage. Anxiety, depression, disillusionment, disappointment, and feelings of hopelessness are borne without any sense of a foundation being in place.

The book is rich in stories of real people, offering up concrete details which may illustrate our own dilemmas. It allows us to imagine scenarios in which we may be able to act from a healthy and conscious exploration, a "holding the tension of the opposites," rather than blindly following the unconscious urge to escape from pain which can drive urgent but poor decision making. Many evocative poetic quotes, stories, and wise words from psychological and spiritual teachers are interwoven throughout the book, assuring us that while the journey is individual, it is one best taken within a context. The quotes enrich, comfort, sustain and embrace us during the depth work Brehony prescribes. Urgings and yearnings are a dramatic wake up call and she assures us that action is called for. A chapter on the metaphor of the chrysalis and cycles of gestation is particularly powerful, as is a chapter on creating the relationships we need with others, be they family, friends, or community. This book provides help, guidance and a jumping off point for those who face one of life's most challenging transitions. — RZM

Angels

Angel Therapy

Healing Messages for Every Area of Your Life
By Doreen Virtue, Ph.D.
\$12.95. 221 pp. paper. ISBN 1561703974.
Hay House

Doreen Virtue holds Ph.D., M.A., and

B.A. degrees in counseling psychology and is the former director of two inpatient psychiatric hospital units. The daughter of a spiritual healer, she grew up immersed in miraculous experiences. As a little girl she saw sparkling lights in the dark of her bedroom and remembers feeling a strong unearthly love that let her know her angels



were near, assuring her safety and protection. In the course of growing up she lost touch with her angels and, caught up in a hectic, busy life, she began ignoring the voices that still tried to guide her. However, her attitude changed dramatically when angels miraculously warned and rescued her during a carjacking. From that moment on, Doreen not only listened, but asked for guidance for herself and her clients. In Part I of *Angel Therapy*, Doreen channels the angelic realm's messages in a simple A-to-Z format which can be easily accessed by turning to an indexed page for any particular problem or question. Part II offers specific guidance on ways to create closer relationships and communication with angels. Doreen believes *there are no limits to what your angels can do in your life. Once you invite them in, get ready, because your life will change.* — CHP

The Encyclopedia of Angels

An A-to-Z Guide with Nearly 4,000 Entries
By Constance Victoria Briggs
\$14.95. 320 pp. paper. ISBN 0452279216.
Plume

Many people consider angels to be divine messengers of love and truth, offer-

ing hope and inspiration in our ever-changing times. They exist in every culture and religion, and no matter where you are on the spiritual journey, there is always one constant—the presence and guidance of angels.

Constance Briggs's wonderful new book is a user-friendly, A-to-Z guide that shows the impact of angels in the world and brings the magic of these heavenly creatures within your reach. Carefully researched and beautifully designed, this comprehensive volume covers all known angels from Aaron to Zuriel, as well as everything you need to know about them, from hierarchies that have been created throughout history to sightings and actual contact. With nearly 4,000 fully cross-referenced entries and six appendixes, this rich resource also includes material on painters, sculptors, writers, and philosophers who have used angels in their works.

A remarkably useful book for both casual readers and scholars, *The Encyclopedia of Angels* is the ultimate guide to understanding angels more deeply and a splendid touchstone for bringing the goodness and joy of these celestial beings into your life.

I am well aware that many will say that no one can possibly speak with spirits and angels so long as he is living in the body. Many say it is all fancy, others that I recount such things to win credence, while others will make other kinds of objection. But I am deterred by none of these: for I have seen, I have heard, I have felt.

—Emanuel Swedenborg

Out of the 1,600 new titles we received since the last *Bodhi Tree Bookstore* book review magazine, we selected some 200 books to appear in this issue. Some of these books became the reviewer's personal favorites and are marked "Editor's Choice." A list of these follows:

Astrology for the Soul

By Jan Spiller
See Astrology

Balancing Heaven and Earth

A memoir of visions, dreams, and realizations
By Robert A. Johnson, with Jerry M. Ruhl
See Jungian Psychology

Brain Longevity

The Breakthrough Medical Program That Improves Your Mind and Memory
By Dharma Singh Khalsa, M.D. with Cameron Stauth
See Diet & Health

Breath Sweeps Mind

A First Guide to Meditation Practice
Edited by Jean Smith
See Meditation

Buddha Book

A Meeting of Images
By Frank Olinsky, with an introduction by Robert A. F. Thurman
See Buddhism

The Compass of Zen
By Zen Master Seung Sahn
See Zen Buddhism

Complete Enlightenment

Translation and Commentary on The Sutra of Complete Enlightenment
By Ch'an Master Sheng-yen
See Zen Buddhism

Dancing With Siva

Hinduism's Contemporary Catechism
By Satguru Sivaya Subramuniyaswami
See Eastern Traditions

Dream Animals

By James Hillman, with Illustrations by Margot McLean
See Jungian Psychology

Eat Right for Your Type

The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight
Dr. Peter J. D'Adamo
See Diet & Health

Essential Sufism
By James Fadiman
See Sufism

Everyday Enlightenment

The Twelve Gateways to Personal Growth
By Dan Millman
See Mental Science

Goddess Oracle

A Way to Wholeness Through the Goddess and Ritual
By Amy Sophia Marashinsky
Illustrated by Hrana Janto
See Oracle

It's Here Now (Are You?)

A Spiritual Memoir
By Bhagavan Das
See Eastern Tradition

The Kingdom of Shivas Irons

By Michael Murphy
See Literature

The Legend of the Villa della Luna

By Jana Kolpen and Mary Tiegreen
See Literature

The Only Way to Learn Astrology: Second Edition

Volume 1: Basic Principles
Marion D. March & Joan McEvers
See Astrology

Practical Feng Shui

The Chinese Art of Living in Harmony With Your Surroundings
By Richard Craze
See Feng Shui

Oi Gong for Beginners

Eight Easy Movements for Vibrant Health
By Stanley D. Wilson, Ph.D.
See Oriental Healing

Rabindranath Tagore

An Anthology
Edited by Krishna Dutta & Andrew Robinson
See Literature section

The Redemption of the Feminine Erotic Soul

By Dr. Rachel Hillel
See Jungian Psychology

The Secret Language of Relationships

Your Complete Personality Guide to Any Relationship With Anyone
By Gary Goldschneider and Joost Elffers
See Astrology

The Secret Language of the Soul

A Visual Guide to the Spiritual World
By Jane Hope
See Occult

The 7 Habits of Highly Effective Families

Building a Beautiful Family Culture in a Turbulent World
By Stephen R. Covey
See Childcare & Education

Stalking Elijah

Adventures with Today's Jewish Mystical Masters
By Roger Kamentz
See Judaica

Sweat Your Prayers

Movement as Spiritual Practice
By Gabrielle Roth
See New Age Philosophy

There Are No Accidents

Synchronicity and the Stories of Our Lives
By Robert H. Hopcke
See Jungian Psychology

The Tibetan Art of Parenting

From Before Conception Through Early Childhood
By Anne Hubbell Maiden and Edie Farwell
See Childcare/Education

The Voice Of Hope: Aung San Suu Kyi

Conversations With Alan Clements
See Social Consciousness

The Ways of the Mystic

Seven Paths to God
By Joan Borysenko, Ph.D.
See Western Mysticism

The Well of Creativity

By Julia Cameron, Natalie Goldberg, Deena Metzger, Keith Jarrett, Isabel Allende, and Mihaly Csikszentmihalyi with Michael Toms
See Creativity

Wisdom Teachings of the Dalai Lama

Edited by Matthew E. Bunson
See Tibetan Buddhism

ANIMALS TO ASTROLOGY

The Possibility of Angels

A Literary Anthology

Edited by Sophie Biriotti

\$24.95. 144pp. cloth. ISBN 0811815307.

Chronicle Books

Do angels really exist? Documentary filmmaker Sophie Biriotti brings together an eclectic collection of prose and poetry that explores just that possibility. At times sacred and other times irreverent, this anthology spans from biblical times to the present, covering a diverse array of cultures, and includes a dazzling group of

authors: Edgar Allan Poe, John Updike, Emily Dickinson, Mark Twain, Sylvia Plath, Leo Tolstoy, and Franz Kafka. They and others take us on a journey around the world, and sometimes no farther than our own backyard, trying to catch with words the ephemeral, substanceless, mysterious, timeless, immortal winged guardian and messenger we call angel. And accenting the whole, readers will love Peter Malone's breathtaking original illustrations. — CHP

Animals

Dog Love

By Marjorie Garber

\$12.00. 341 pp. paper. ISBN 0684835525.

Touchstone

The dogs in our lives, the dogs we come to love and who love us in return, offer more than fidelity, consolation and companionship. They offer comedy, irony, wit, a wealth of anecdotes, the "shaggy dog stories" and "stupid pet tricks" that are the common place pleasures of life. They offer, if we are wise enough or simple enough to take it, a model of what it means to give your heart with little thought of return. Both powerfully imaginary and comfortingly real, dogs act as mirrors for our

own beliefs about what would constitute a truly humane society. Marjorie Garber has put together a delightful book that provides at once a wealth of information, a treasure trove of stories and "tales of dogs", a pictorial cavalcade of canines famous, infamous, and obscure, and most importantly a handbook of love. As Franz Kafka said - "All knowledge, the totality of all questions and answers, is contained in the dog". Perhaps it is not too late for them to teach us some new tricks. — TLKS

Zen for Cats

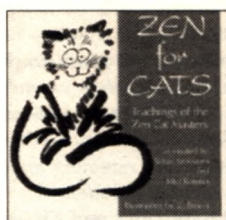
Teachings of the Zen Cat Masters

As intuited by Alfred Birnbaum & Riku Kanmei

\$9.95. 90 pp. paper. ISBN 0834802759.

Weatherhill

Does a Buddha have Cat-Nature? That's the question being contemplated in this extremely pleasurable divertissement. Intuited by Alfred Birnbaum and Riku Kanmei from the Cat Masters, *Zen for Cats* will certainly delight all those who have survived the strict master-disciple relation-



Ten String-Chasing Pictures and *Zen Fish, Zen Bones*.

In addition, over seventy beautiful ink-wash paintings by J. C. Brown capture the essence of cats in contemplation; illuminate the "three pillars" of Za-Zen, Za-snack, and Za-nap; and reveal the best-kept secrets of the esoteric art of litter-box sand raking. Whether you are the Guest or Host to a feline follower of the Way, you will find *Zen for Cats* engaging and transcendent. — DL

Zen for cats? How much more empty can their little heads get? — P. J. O'Rourke

Art

Art as a Hidden Message

A Guide to Self-Realization

By J. Donald Walters

\$10.95. 189 pp. paper. ISBN 1565897412.

Crystal Clarity

In less than two hundred pages, J. Donald Walters shows that art is much more than the sum total of all that men have made of it. It is beyond classification, both splendid and grand or, as Walter writes, "People devote so much energy to minor artistic arguments that they allow themselves to be distracted from the greater themes." In *Art As A Hidden Message*, Walters reflects upon the moral, spiritual and human values of art which express life's true purpose and meaning. Art allows us to transcend ourselves, leads us to self-realization, and inspires us to lofty thoughts and aspirations. Walters is quite candid about his



views on trendiness in contemporary art, pointing to what he believes accounts for the stature of our greatest musicians, artists, and creative thinkers. He makes the case for beauty in painting, melody in music and nobility in writing. Artists must strive to reawaken faith in people's hearts, and be held responsible for the meaning of their work. The best of artists operate out of a broad view of life. "Great art, inevitably, presents an exalted, not a debased, view of reality," he says. In a chapter on *Art and Meditation*, Walters gives practical advice on meditating, and helps to locate the third eye. Then, with the help of your higher powers, you can sustain the energy needed to create what you desire and achieve the high purpose of art and life. J. Donald Walters is a leading world authority on spirituality, meditation, and higher consciousness. He has composed over 300 songs and is the author of many books. Also known as Sri Kriyananda, Walters is a disciple of Paramhansa Yogananda. — ICS

Other important books by J. Donald Walters are: *Meditation for Starters* (\$19.95 book and CD ISBN 1565890809 or \$9.95 book only ISBN 1565890795); *Secrets for Women* (\$6.95 paper ISBN 1565890361);

Secrets for Men (\$5.95 paper ISBN 1565890450); and the highly recommended *Superconsciousness: A Guide to Meditation* (\$10.99 paper ISBN 0446671738)

Drawing The Light From Within

Keys To Awaken Your Creative Power

By Judith Cornell

\$22.95. 211 pp. paper. ISBN 0835607569.

Quest Books

"An artist is one who has the ability to create," says Judith Cornell, who believes we are all artists in that we actively create our lives every day. Her lovely book is not only a practical step-by-step guide to drawing and painting, but also an inspiring manual for developing your intuitive power and expanding your consciousness. By focusing on painting and drawing, Cornell shows how you can expand your creativity and manifest your inner light as you work

with actual physical light. Chapters one and two of *Drawing The Light From Within* show you how to use simple water-based paints, and how to discover the difference between seeing with the eye of reason and creating with your inner light. Chapters three through six reveal easy ways to achieve dramatic results with pencils and paper. Each chapter deepens your understanding of light, externally and internally, as you learn to see with the eye of contemplation. The unique and brilliant pictures throughout the book are illuminating and inspiring, including everything from black and white pencil drawings to otherworldly color paintings by Cornell's students. Exercises and projects follow each chapter. Cornell is adjunct professor in the department of East/West Psychology at the California Institute of Integral Studies. — ICS

Another recommended book by Judith Cornell is: *Mandala: Luminous Symbols for Healing*. (\$25.95 paper ISBN 0835607100 and \$16.00 audio cassette ISBN 0835621014).

Living Color

A Writer Paints Her World

By Natalie Goldberg

\$16.95. 154 pp. paper. ISBN 0553354892.

Bantam

I didn't know then that color — the green of cottonwoods at the very tentative beginning of spring, a worn gray lintel over a door, the fading turquoise on my outdoor wooden bench — sustained my life, and that the vision I used for painting actually brought me closer to the written word, that noticing a light spray of brown freckles across a nose carried me into a deep desire to tell a story and to explain relationships.

Natalie Goldberg is gifted with a sane and particular voice and vision, joyous energy, and the ability to portray detail that transports readers into an exalted experience. Using her identity as a writer and meditator as a starting point, Goldberg's new book explores her relationship to painting and chronicles her circuitous search to validate the place of a second art form in her life. In stark and surprising ways, her story allows readers to recognize

themselves. Fresh and immediate, the book is filled with Goldberg's paintings, which are joyous and childlike explosions of saturated color indispersed with black line. A visual counterpoint to her writing, they burst with Goldberg's refreshing energy and fairly dance off the page.

If you are familiar with Goldberg's other works, such as *Wild Mind*, *Writing Down the Bones*, or *Long Quiet Highway*, you will recognize her parents, her Zen teacher, and the stillness and light of her home in Taos, New Mexico. In the journey of this book, she travels to Europe — hoping to find the light that inspired Matisse — to a New York museum, and into the studios of other women artists. She also falls sick before recognizing the place painting is trying to claim in her life. Altogether, she offers readers the broad brush of a journey anchored uniquely to the painter's, the writer's, and the meditator's minds. Her commitment to a path, and the practice which had been honed in other disciplines now emerges in her painting.

Anyone who has explored more than one art form, is trying to observe their own process, is in midlife, or is lured by other callings trying to claim them, will find sustenance in this work. How glad and enriched we are that painting found a home in Natalie Goldberg's being. — RZM

But by not being awake to painting's value in my life, I nearly lost it altogether . . . So for four years I hobbled forward, cutting my way through the dense forest with a writing tool in my right hand, not knowing how lonely I was for painting, my lovely enricher and warm sustainer. — Natalie Goldberg

Natalie Goldberg's other fine books are: *Writing Down the Bones: Freeing the Writer Within* (\$10.00 paper ISBN 0877733759); *Banana Rose* (\$11.95 paper ISBN 055337513X); *Wild Mind, Writing Down the Bones*, (\$11.95 paper ISBN 0553347756); and *Long Quiet Highway* (\$11.95 paper ISBN 0553373153).

Astrology

Astrology for the Soul

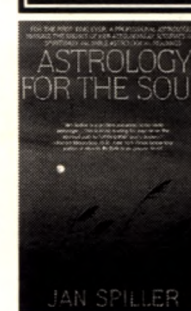
By Jan Spiller

\$15.95. 528 pp. paper. ISBN 0553378384.

Bantam Books

Life is too short to walk around blindfolded, says world renowned astrologer Jan Spiller. It is best to be aware of the positive patterns of your behavior, because without such awareness, you may spend years "acting out" behavior that does not work in this lifetime. To that end, she provides a way of discovering the best parts of yourself. By using the moon's nodes in your birth chart, she guides you in achieving success, self-confidence, and a balanced personality. In your chart, the North Node of the moon represents the best direction to pursue in this lifetime and by examining the position of your North Node, you will find your basic life lesson. *Astrology For The Soul* shows how following your life lesson leads you to take risks and overcome your fears. Then you will discover your hidden talents, your deepest desires, and the ways to avoid negative influences that may distract you from achieving your true life purpose. Spiller discusses relationships, needs,

EDITOR'S CHOICE



ASTROLOGY TO BUDDHISM

goals, and the personality makeup of all individuals in terms of the North node in each house and sign. And for each North Node position, she offers healing affirmations designed to help you release your positive energy and strengthen the qualities that can bring you happiness. You will find yourself in these illuminating pages. — ICS

Another important book by Jan Spiller with co-author Karen McCoy is: *Spiritual Astrology: Your Personal Path to Self Fulfillment* (\$13.00 paper ISBN 0671660411)

The New Chinese Astrology

By Suzanne White

\$14.95. 562 pp. paper. ISBN 0312151799. Saint Martin's

In this new book, world-famous astrologer and best-selling author Suzanne White demystifies the formerly complicated study of the Chinese Zodiac. This easy-to-read reference guide describes each animal sign's individual characteristics,

special capabilities, and particular health problems, and explains how the five Chinese elements affect it. Discover the terrible Tiger's major weak spots. Find out why Rats get married so often. Even learn why Oxen should avoid spicy foods!

You'll also discover how people of the various signs combine and relate to one another as friends, lovers, and colleagues. Suzanne White tells which matches are truly harmonious — and which unions are a recipe for disaster. She also explains which celebrities were born under the various signs, and offers valuable advice for improving your own destiny. Best of all, *The New Chinese Astrology* predicts what the next twelve years bode for you, your friends, and even your enemies! Lively, accessible, and witty, this book is full of sound advice. Whether you're a seasoned expert or just curious about your own or your loved ones' Chinese animal signs, *The New Chinese Astrology* is a marvelous resource in anyone's quest for higher understanding.

Other books by Suzanne White are: *The New Astrology: A New Synthesis* (\$15.95 paper ISBN 0312017979) and *Suzanne White's Guide to Love: A Unique Blend of Zodiac-Based & Chinese Astrology that Shows You How to Find Your Perfect Mate* (\$14.00 paper ISBN 0062512978).

The Only Way To Learn Astrology: Second Edition

Volume 1: Basic Principles

By Marion D. March & Joan McEvers

\$14.95. 296 pp. paper. ISBN 0935127615. Astro-Analytic Publications

This second edition of the classic, *The Only Way To Learn Astrology*, is still the best

starting point for new students of astrology. It covers all the basics and is divided into lessons with quizzes at the end of each lesson. You will appreciate the format once you see how much information there is to process, since the signs, planets, houses, aspects

and chart delineation are explained in great detail. If you use the book as the authors suggest, you will gain a basic understanding of astrology and will want to learn more. Volumes two and three of the series take you further into the philosophy of astrology. March and McEvers recommend that you approach astrology as a philosophical explanation of life: *The purpose of astrology is not to blame the planets for what happens to us, but, on the contrary, to learn about ourselves by planetary indications. When we see ourselves clearly we can discover within ourselves new qualities, and thus our lives can become more fulfilled, purposeful and productive.* The authors are co-founders of Aquarius Workshops, Inc. and Aspects magazine. Both lead busy lives counseling, teaching, lecturing and writing. — ICS

Other books in the series by March & McEvers are: *The Only Way to Learn Astrology* Volume 2 (\$14.95 paper ISBN 0917086260) and Volume 3 (\$14.95 paper ISBN 0917086430). In addition there is *Only Way . . . To Learn About Relationships - Synastry* (\$14.95 paper ISBN 0935127216).

Psychology of Astro-Carto-Graphy

By Jim Lewis with Kenneth Irving

\$13.95. 341 pp. Paper. ISBN 0140195122. Penguin

Astro-Carto-Graphy is a kind of locational astrology generically known under such names as locality mapping, astro-mapping, or astro-locality mapping. It was developed and fine-tuned by astrologer Jim Lewis, but his untimely death just after signing a contract for a book on the subject left the responsibility of this book to Kenneth Irving, his friend and colleague. Irving sifted through Lewis's

extensive library, collated his highly disarrayed notes, files and tapes, gathered testimonies (living and deceased, for example ACG maps of John F. Kennedy, Truman, Nixon, etc.), then sat down to the task of writing. The result is a powerhouse of information linking natal charts in the familiar wheel-shaped horoscope and the ACG maps of the world to the planets as they relate to the entire world through their rising, setting and culmination points along the map. An ACG map goes beyond interpretations dealing with love, money and health, etc. It shows how powerfully geography is connected to the psyche, and how particular places can come to symbolize the accepted, suppressed or projected parts of the self. — CHP

The Secret Language of Relationships

Your Complete Personality Guide To Any Relationship With Anyone

EDITOR'S CHOICE



By Gary Goldschneider and Joost Elfers \$29.71 (\$34.95 list). 819 pp. cloth. ISBN 0670875279.

Penguin Group

Perhaps relationships are ultimately more human than people themselves. After all, if we look at the human being anatomically or biochemically,

we will find much in common with all living creatures here on earth, but what separates us from them, in many ways, is the great range and complexity of the way we relate to each other. In fact, it could be argued that aliens would find our relationships with each other infinitely more interesting and revealing than our individual bodies and psyches alone.

—Goldschneider and Elfers

This book presents relationship profiles between any two individuals based on a remarkable 1,176 total possible combination summaries. Each summary details what works or does not work in the relationship in regards to love, marriage, friendship, family and work. The underlying truth at the heart of the book is that a relationship is a third distinct entity in any union of two people. Goldschneider and Elfers put forward an overview of "personology" theory and "The Grand Cycle of Life". You will learn about the 48 Periods and Cusps, and where you fit in the grand scheme of things. This fascinating work is the companion volume to their best-selling *The Secret Language Of Birthdays: Personality Profiles* (\$29.71 (\$34.95 list) cloth ISBN 0670858579) — ICS

Soul Signs

Harness the Power of Your Sun Sign and Become the Person You Were Meant To Be

By Diane Eichenbaum

\$12.00. 256 pp. Paper. ISBN 0684823667. Simon & Schuster

The sun sign is the symbol for your personal identity in this lifetime. It's as individual as your fingerprint. In fact, think of it as the fingerprint of your soul. Thus begins Diane Eichenbaum, an astrologer and psychic for over twenty five years, as she etches a personal journey for her readers. She calls us — and includes herself — *humans becoming*. As each person strives to learn their indi-



vidual lessons in life, they become more and more their true selves. Eichenbaum reveals the way an individual's sun sign empowers them, as well as the sabotaging weaknesses and repeating patterns of challenges they are likely to face. She explains the three healing steps to change that are specific to each birth sign, shows you their application in real life situations, then provides the tools for making intelligent choices at every crossroad. An added bonus is the study of one's opposite sign, for example, Cancer is the opposite sign of Capricorn. She also discusses the ascendant and moon, as well as a sprinkling of celebrities that share each sign and its gifts. Truly a book not easy to put down. — CHP

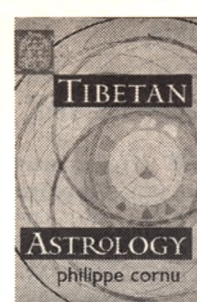
Tibetan Astrology

By Philippe Cornu

\$35.00. 294 pp. cloth. ISBN 1570622175. Shambhala

Though many books have been published in the West on Tibetan Buddhism, Tibetan culture, and Tibetan medicine, until now there has been no definitive book on the art of Tibetan astrology. Philippe Cornu's *Tibetan Astrology* changes all that. It is a comprehensive treatise on one of the traditional arts and sciences of Tibet.

Astrology in Tibet, where it is known as "the science of calculation," is used by monks and lamas in the study of the



rhythms and cycles of time, for divination, for choosing auspicious times for rituals and life-cycle events such as marriages and funerals, and as an adjunct to the practice of traditional medicine.

This extensive introduction to the topic includes discussions of the historical roots and influences from China and India as well as the Buddhist Kalachakra teachings and the ancient Bon religion of Tibet. Cornu also discusses the two main branches of Tibetan astrology: Nagtsi, or "black astrology," based on the Chinese system, and Kartsi, or "white astrology," derived from Indian astrology.

He follows with an exploration of the twelve- and sixty-year cycles and the twelve animals and five elements associated with them; the *mewa*, or magic squares, which are numerical factors used to calculate the auspiciousness of days or years; and the *Parkha*, or eight trigrams of the *I Ching*, representing the elements, directions, seasons, and fundamental universal forces.

Finally, Cornu shows how to analyze the character of hours, days, months, and years, so as to determine auspicious times for various activities, and how to cast and interpret a Tibetan horoscope. The book also includes numerous diagrams and charts that are indispensable to the practice of Tibetan astrology as well as tables for converting Western dates to those of the Tibetan calendar.

This is an important book for anyone interested in astrology or in exploring the special Tibetan vision of the universe. — DL

Buddhism

Buddha Book

A Meeting of Images

By Frank Olinsky, with an introduction by Robert A. F. Thurman

\$19.95. 96 pp. cloth. ISBN 0811817776. Chronicle Books

Buddha Book is an exquisitely beautiful collection of Buddha images, including: the Buddha's footprints carved into stone at a devotional shrine in India; an enormous reclining Buddha in Thailand; an intricate Tibetan Medicine Buddha, painted in the seventeenth century; Wax peace Buddhas in Amsterdam; Jack Kerouac's Buddha painting; *Tete (Le Bouddha)* by Henri Matisse; and a miniature golf Buddha in Biloxi, Mississippi.

As the beliefs and practices of Buddhism have migrated from India throughout Asia and finally to Europe and America, so too has the desire to portray the Buddha in art. Each culture and each era has embraced the image of the Buddha in its own way, offering its unique interpretation of higher awareness. *Buddha Book* presents ninety-five extraordinary representations of the Buddha, including both traditional temple forms and the work of contemporary Western artists.

Designed and edited by Frank Olinsky, the founding art director for *Tricycle: The Buddhist Review*, and with an introduction

EDITOR'S CHOICE

Buddha Book



EDITOR'S CHOICE

THE ONLY WAY TO LEARN ASTROLOGY

VOLUME 1: BASIC PRINCIPLES



by the eminent Buddhist scholar Robert A. F. Thurman, *Buddha Book* is both an object of contemplation and an exploration of the compelling power of spiritual images and the role they play in human transformation. — DL

This book of illustrations of the Buddha image, informal and abstract as well as formal and figurative, chosen by a Western Buddhist artist for a general Western audience, provides a gateway through which to glimpse the jewel of the possibility of evolutionary perfection. It is not necessary to understand all the Buddhism of the various Buddhist civilizations to enjoy them. The purpose of the Buddha form is to produce happiness in those who encounter it, so all the viewer need do is enjoy these sublime images of beauty.

— Robert A. F. Thurman, from his introduction

A Heart as Wide as the World

Living With Mindfulness, Wisdom, and Compassion

By Sharon Salzberg

\$20.00. 192 pp. cloth. ISBN 1570623406.

Shambhala

And the corresponding audio cassette:

\$18.95. audio cassette. ISBN 1570623732.

Shambhala

"The essence of anapana practice—as of all meditation practices—is the ability to begin again. We may be lost in the past, lost in the future, or lost in judgment, but once we realize we have been distracted, right in that moment we can begin again and reconnect with the breath."

Sharon Salzberg is a cofounder of the Insight Meditation Center in Barre, Massachusetts, and author of *Lovingkindness: The Revolutionary Art of Happiness* (\$12.00 paper, ISBN 1570621764.) In short sections that include many stories and anecdotes culled from her twenty-five years as student and teacher of Buddhist meditation, Salzberg reveals how our own happiness is found in the capacity to open our hearts to others. Through meditation and the practice of lovingkindness, we can discover our intimate connection to those around us and to the

world as a whole. This realization acts like a hidden storehouse of strength, allowing us to face whatever the world offers us with wisdom and compassion. *"As I felt the breath, my tendencies to remove myself from the moment and to pull back were challenged, and I found an intimacy with my own life."*

Salzberg's teachings, which return the reader to the sane and grounded practice of mindfulness, are deceptively simple. With its message of living in the moment, dropping distractions and beginning afresh, her book is a welcome companion. — RZM

Who Is My Self?

A Guide to Buddhist Meditation

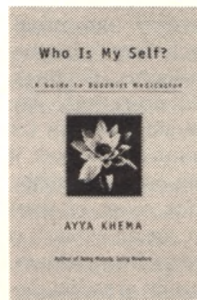
By Ayya Khema

\$14.95. 182 pp. paper. ISBN 0861711270.

Wisdom

In this beautifully crafted guide to one of the Buddha's most famous teachings, Ayya Khema leads the reader, as the Buddha led his disciple Potthapada, through progressively higher levels of understanding and realization of the true nature of the "self." Interpreting this famous discourse with insightful examples from her years of teaching meditation, she guides

you through the central Buddhist meditative practice for personal transformation. Along the way you will learn about the language, customs, and culture of the Buddha's era, and discover how pertinent this 2500 year-old teaching is for you and your world.



I hope that, with the explanations and interpretations given, the Discourse will come to life for the reader and will help to show the direction in which life's meaning can be found—namely, in our spiritual evolution.

Anyone who finds inner peace, happiness, and fulfillment contributes to the peace and happiness of the world. — Ayya Khema

The Buddhist nun Ayya Khema is also the author of the best-selling *Being Nobody, Going Nowhere: Meditations on the Buddhist Path* (\$12.95 paper ISBN 0861710525). — DL

Tibetan Buddhism



Compassion

The Key to Great Awakening

By Geshe Tsultim Gyeltsen

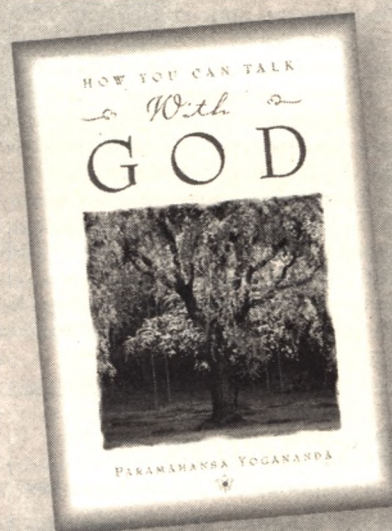
\$14.95. 146 pp. paper. ISBN 0861711254.

Wisdom

This is a guide to the heart of the Tibetan Buddhist path to enlightenment, that is, to lasting happiness, freedom from suffering, and insight into ultimate reality. This path includes every aspect of life, our "body, speech, and mind." Using two classic texts, "Eight Verses of Thought Training" and "The Thirty-seven Bodhisattva practices," Geshe Tsultim Gyeltsen succinctly explains the path of transforming our actions, words and thoughts in order to progress towards enlightenment. The teachings are challenging because they urge us to completely change our approach to life. For one thing, they encourage us to abandon our preoccupa-

Is Prayer Important to Daily Life?

*New survey reports Americans say yes!**

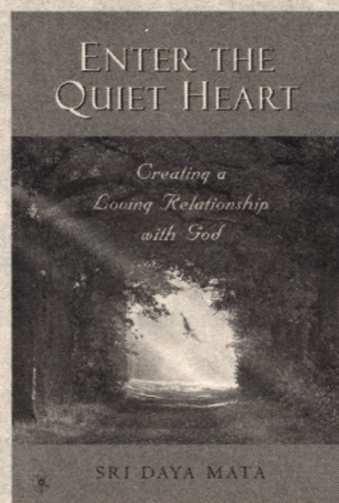


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Paramahansa Yogananda

This book expresses Yogananda's clear conviction that we can know and speak with God directly, and receive divine responses to our prayers.

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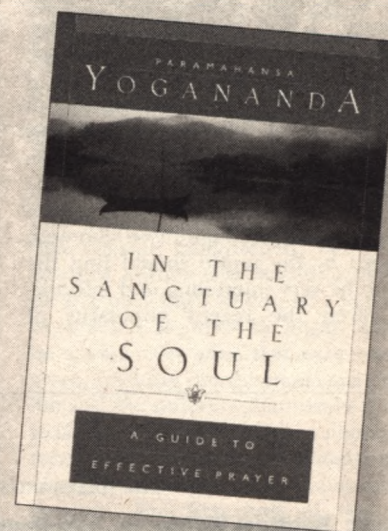


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Creating a Loving Relationship With God
Sri Daya Mata

This warm and inviting book by Yogananda's spiritual successor, a meditator for more than 65 years, celebrates the wonder of God's love and shows us how we can bring a rich and rewarding awareness of the Divine into our daily lives through prayer.

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In the Sanctuary of the Soul

A Guide to Effective Prayer
Paramahansa Yogananda

A remarkable blending of East and West, the reflective insights offered here by the author of the bestseller, *Autobiography of a Yogi*, embrace universal spiritual laws that will inspire people of all faiths to deepen their spiritual practice.

Hardcover \$12.00

*53% of Americans report that prayer is important to daily life—up from 41% in 1987. (Survey conducted by the Pew Research Center, results released December 21, 1997.)

Self-Realization Fellowship

FOUNDED IN 1920 BY PARAMAHANSA YOGANANDA

TIBETAN BUDDHISM



tion with many things we cherish, such as status, comfort, and material possessions, none of which will serve us at the inevitable moment of physical death. Most importantly, these teachings tell us to view our interpersonal relationships — especially the difficult ones — as our greatest opportunity for progress towards enlightenment. With this in mind, we can see that those who harm or insult us are actually friends, helpers, and spiritual teachers. This change from a self-centered attitude to one of total, impartial compassion is the essential prerequisite for enlightenment; in fact, if we really have this attitude, we are already enlightened to some extent! The Ven. Geshe Tzultim Gyeltsen, who provides the warm and insightful explanations of these two texts, has taught in the Los Angeles area for many years and hosted several visits by His Holiness the Dalai Lama. Geshe Gyeltsen now directs Thubten Dhargye Ling, a center for the study of Buddhism and Tibetan culture in Long Beach, CA. — JC

Kundun

A Biography of the Family of the Dalai Lama
By Mary Craig
\$26.00. 392 pp. cloth. ISBN 1887178643.
Counterpoint.

Tibetans traditionally address the Dalai Lama as "Kundun," which literally means "presence." If you meet the Dalai Lama, you are considered to be in the presence of enlightenment. While the life story of the Dalai Lama and the recent history of Tibet have been well documented, *Kundun* adds new perspectives through the stories of the Dalai Lama's immediate family. The book is not connected with the movie of the same name, although those who were intrigued by the movie should find the book to be very interesting and informative. Given the recent popularity of



Tibetan Buddhism, this book is especially welcome as it offers a balanced portrait of Tibetan society. While Tibetan life before the arrival of the Chinese was harmonious or even idyllic, *Kundun* also portrays a medieval society with its share of problems, such as regional and political conflicts and corruption, and a fatal unwillingness to face the modern world. Since the Chinese invasion, there have also been disagreements among the Tibetans living in exile, who have nonetheless done remarkably well as a refugee community. In *Kundun*, these facets of the Tibetan story are reflected through the lives of the Dalai Lama's saintly mother, who embodies the best qualities of "old Tibet," maintaining her warmth and humility in spite of her exalted rank, his father, who abused the privileges of his position, and his brothers and sisters who played key roles in the dramatic events both during and after the Chinese invasion. Author Mary Craig's account is based both on previously published sources and extensive interviews with the Dalai Lama and his surviving family members. It conveys how the continued survival of Tibetan culture and religion is now quite fragile and precarious, and how the rest of the world has let the Tibetans down, time and time again. Even those who are already well informed about Tibet will discover new insights into the Tibetans' poignant and tragic story. — JC

Luminous Mind

The Way of the Buddha
By Kalu Rinpoche
\$18.95. 318 pp. paper. ISBN 0861711181.
Wisdom

If you think about it, you will find that the mind is extremely intriguing. For instance, how is it that these printed words appear in your mind, and you understand



them, without any particular effort on your part? Indeed, everything we encounter in the world appears to us through our mind, including all our thoughts, feelings, reactions, etc. We usually take this for granted, but isn't it rather mysterious or even miraculous? Yet, says Kalu Rinpoche, our sense of what mind is (or even what we mean by "me") is vague and confused. In fact, he continues, our illusions about the mind are what create fear, suffering, and other difficulties. But when we ask what mind is, we face a paradox, since the object of our search is also the searcher itself. Still, by asking "What is the mind?" we can arrive at a clear experience of how the mind really is. This is enlightenment, which brings great happiness, universal love, and an end to our mentally created conflict and suffering.

Kalu Rinpoche's *Luminous Mind* presents the complete system of Tibetan Buddhist practices and teachings, all of which aim at this ultimate realization of the nature of mind. The book is compiled from his writings and talks, both as an introduction to Tibetan Buddhism and as a useful guide for more advanced students. It includes many traditional stories which convey some of the mystery and magic for which Tibetan Buddhism is known, and while many Tibetan Buddhist teachings are quite challenging, you will not find simpler or clearer explanations than these. Kalu Rinpoche was one of the very greatest Tibetan Buddhist meditation masters of this century; the Dalai Lama described him as a "beacon of inspiration" for the Tibetan exile community. — JC

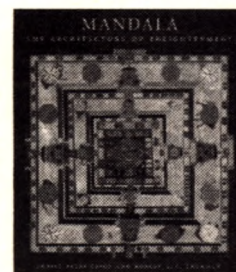
There are a number of other books by Kalu Rinpoche now in print, including *Gently Whispered* (\$16.95 paper ISBN 0882681532), which also covers a wide range of Tibetan Buddhist teachings, Kalu Rinpoche's biography, *Excellent Buddhism:*

An Exemplary Life (\$15.95 paper ISBN 0963037145), and *Secret Buddhism: Vajrayana Practices* (\$15.95 paper ISBN 0963037161).

Mandala

The Architecture of Enlightenment
By Denise Leidy & Robert Thurman
\$25.00. 175 pp. paper. ISBN 1570622973.
Shambhala

Best known as intricate, symmetrical, brightly colored paintings which depict the palace or divine mansion of an enlightened being, mandalas are the quintessential expression of Tibetan Buddhism. They symbolize the energy and qualities of enlightenment as well as the universe in its ideal form, but serve as a guide for meditation. To Robert Thurman, mandalas represent the union of self and environment in a state of "ecstatic interconnection." They open "a door of liberation, a gateway to freedom, a portal to the infinite," and symbolize "infinite wisdom expressing infinite love." This book is an excellent presentation of the history and significance of the mandala. Denise Patry Leidy, now an associate curator at the Metropolitan Museum of Art, traces the history and evolution of the mandala as a visual representation of enlightenment, while Robert Thurman, a leading Western authority on Tibetan Buddhism and close associate of the Dalai Lama, writes insightfully on the role of the mandala in Tibetan Buddhist tantric practice. Relying heavily on visualization to guide practitioners, tantra is said to be the quickest (and most dangerous) path to enlightenment, one that embraces a unifying, sacred vision of life. This book presents over 40 mandala paintings and related artifacts in excellent color reproductions, including many enlarged details. It is often said that enlightenment cannot be



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Bodhi Tree Best-Sellers

THE FOLLOWING IS A LIST OF THE BEST-SELLING BOOKS AT THE BODHI TREE BOOKSTORE FOR DECEMBER 1997 TO FEBRUARY 1998

- 1 **Spiritual Warrior by John-Roger**
\$20.00. cloth. ISBN 091482936X. Mandeville Press
- 2 **Talking to Heaven by James van Praagh**
\$22.95. cloth. ISBN 0525942688. Dutton
- 3 **Conversations With God: Book 1: An Uncommon Dialogue by Neale Donald Walsch**
\$15.96 (\$19.95 list). cloth. ISBN 0399142789. Putnam
- 4 **Don't Sweat the Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life by Richard Carlson**
\$10.95. paper. ISBN 0786881852. Hyperion
- 5 **Don't Worry, Make Money by Richard Carlson**
\$15.95. cloth. ISBN 0786863218. Hyperion
- 6 **The Seven Spiritual Laws Of Success: A Practical Guide to the Fulfillment of Your Dreams by Deepak Chopra**
\$11.09. (\$14.00 list price). cloth. ISBN 1878424114. New World Library
- 7 **The Four Agreements by Don Miguel Ruiz**
\$12.95. paper. ISBN 1878424319. Amber-Allen
- 8 **Awakening the Buddha Within: Tibetan Wisdom for the Western World by Lama Surya Das**
\$26.00. cloth. ISBN 0553066951. Bantam
- 9 **Anatomy of the Spirit: The Seven Stages of Power and Healing by Caroline Myss**
\$14.00. paper. ISBN 0609800140. Random House
- 10 **The Artist's Way: A Spiritual Path to Higher Creativity by Julia Cameron**
\$14.95. paper. ISBN 0874776945. Tarcher/Putnam
- 11 **Conversations With God: Book 2: An Uncommon Dialogue by Neale Donald Walsch**
\$15.96 (\$19.95 list). cloth. ISBN 1571740562. Hampton Roads
- 12 **The Book of Runes by Ralph Blum**
\$29.95. book & runes set. ISBN 0312097581. St. Martins
- 13 **Silent Power by Stuart Wilde**
\$3.95. paper. ISBN 1561703230. Hay House
- 14 **Seuss-isms: Wise and Witty Prescriptions for Living by Dr. Seuss**
\$6.99. cloth. ISBN 0679883568. Random
- 15 **Something in this Book Is True: The official companion to Nothing in This Book is True, But It's Exactly How Things Are by Bob Frissell** \$14.95. paper. ISBN 188331965X. Frog, Ltd
- 16 **Astrology for the Soul by Jan Spiller**
\$15.95. paper. ISBN 0553378384. Bantam

TIBETAN BUDDHISM TO ZEN

expressed in words. However, as this book demonstrates, visual symbols can certainly open the door to the sacred dimensions of our experience. — JC

Other books by Robert Thurman are: *The Tibetan Book of the Dead* (\$13.95 paper ISBN 0553370901); *Essential Tibetan Buddhism* (\$13.00 paper ISBN 0062510517); *The Central Philosophy of Tibet: A Study and Translation* (\$21.95 paper ISBN 0691020671) and his latest book, *Inner Revolution: The Politics of Enlightenment* (\$24.95 cloth ISBN 1573220906).

My Land and My People

The Original Autobiography of His Holiness the Dalai Lama of Tibet

By **The Dalai Lama**

\$12.99. 238 pp. paper. ISBN 0446674214. Warner

This autobiography of His Holiness the Dalai Lama was originally published in 1962, only a few years after he had been driven into exile by the Chinese invasion. In an introduction to this new edition, the Dalai Lama writes that "the sense of immediacy and urgency" in this book would be difficult to re-create today. *My Land and My People* is both the Dalai Lama's own story and the tragic story of Tibet during the latter half of the twentieth century.

It begins by portraying the peaceful rural life — permeated with the practice of Buddhism — into which the Dalai Lama was born. He then shares how he was discovered and recognized as the reincarnation of the 13th Dalai Lama — who had warned of the tragic events that might occur during the reign of the 14th — and describes his education and training. When he first encountered Buddhist philosophy, he writes, "I had the feeling of being dazed, as though I were hit on the head by a stone." All the same, he was a quick study, who asked extremely sophisticated questions for one so young. The Dalai Lama also describes Tibetan society and government, and his own awareness of the need for reform.

The story of the Chinese invasion and occupation is particularly dramatic. The Dalai Lama reluctantly accepted full political responsibility at the age of 16, and within a few years entered into negotiations with Mao Tse-tung and Chou En-lai. When he visited China, the Dalai Lama was struck by "a gray fog of humorless uniformity," especially as "Religion, humor, and individuality are the breath of life to Tibetans, and no Tibetan would ever willingly exchange these qualities for mere material progress." He also describes how, although lacking in political experience, he used his training in Buddhist logic and ethics to try to prevent the approaching national calamity. Finally, knowing that his personal survival was essential to his people, he fled the Tibetan capitol just ahead of an all out Chinese attack.

The Dalai Lama writes with quintessential warmth, simplicity and humility, and emphasizes the principles of compassion and non-violence which he never abandoned, despite the brutality of the Chinese invasion. This new edition includes the Dalai Lama's proposal that Tibet become a "zone of peace." There is also

an appendix outlining the beliefs and practices of Tibetan Buddhism. — JC

Other books by the Dalai Lama are: *Healing Anger: The Power of Patience* (\$12.95 paper ISBN 1559390735); *The Way to Freedom: Core Teachings of Tibetan Buddhism* (\$16.00 cloth ISBN 0060617225); and *The Joy of Living and Dying in Peace* (\$16.00 cloth ISBN 006061725X).

Natural Liberation

Padmasambhava's Teachings on the Six Bardos

By **Gyatrul Rinpoche,**

translated by **B. Allan Wallace**

\$16.95. 342 pp. paper. ISBN 0861711319. Wisdom

Everyone has to die. We may not be happy to know this, but it is a fact. We get older; our bodies become weaker and more vulnerable to illness; and eventually the moment comes when we must leave everything from the worldly life behind us. The Tibetans love and enjoy life as much as anyone, yet they have made dying into a science and a fine art. Tibetan Buddhism teaches that death is the climactic moment of life: Indeed, it could be an opportunity to experience the joy of liberation and enlightenment. Then again, if we cannot let go of our worldly life, we may experience tremendous fear, pain, and confusion. This book contains some of the most precious and sacred Tibetan Buddhist teachings on how to prepare for the experience of death, and what follows once the mind is released from the body. The teachings are based on a text



by Padmasambhava, a founder of Tibetan Buddhism and one of its very greatest masters. His ideas are explained by Gyatrul Rinpoche, a native of Tibet who has taught in the States since 1972. Gyatrul Rinpoche says that the wisdom in this book is for all people willing to seriously consider the opportunities and hazards we will experience at death, as the teachings explain very advanced and subtle meditation methods traditionally taught only to advanced practitioners. All the same, Gyatrul Rinpoche and other Tibetan Buddhist masters believe it is time to make these teachings available to a wider audience. The issue is that our destiny (including our future incarnations) is in our own hands, which makes human life into a precious opportunity that must not be squandered. Western society is inclined to seek happiness in the material world, and to approach death with fear and denial. The Tibetans, however, who have looked deeply into death, say we cannot afford to ignore it. — JC

Other books by Gyatrul Rinpoche are *Ancient Wisdom: Nyingma Teachings on Dream Yoga, Meditation, and Transformation* (\$14.95 paper ISBN 1559390182) and *A Spacious Path to Freedom: Practical Instructions on the Union of Mahamudra and Atiyoga* (\$18.95 paper ISBN 1559390719).

Wisdom Teachings of the Dalai Lama

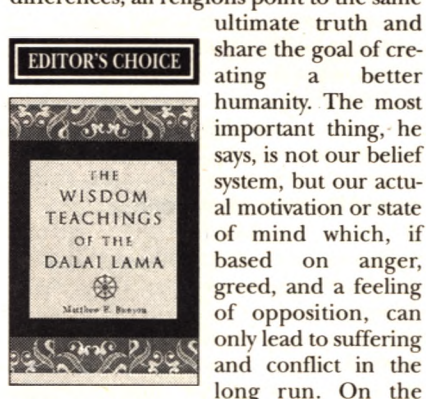
Edited by **Matthew E. Bunson**

\$12.95. 257 pp. paper. ISBN 0452279275. Plume

Inner tranquillity comes from the development of love and compassion. The more we

care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease and opens our inner door. It helps remove whatever fears or insecurities we may have and gives us the strength to cope with any obstacles we encounter. It is the principal source of success in life. — **The Dalai Lama**

As a religious thinker, His Holiness the Dalai Lama is remarkably open-minded, while his approach to world affairs is nothing short of visionary, even revolutionary. This anthology presents talks and writings by the Dalai Lama on both religious and political topics. His thinking always focuses on one theme: How can we create genuine and lasting happiness, both for human beings as individuals, and our world as a whole? In his religious views, the Dalai Lama is far from fundamentalist. He believes that despite their differences, all religions point to the same



ultimate truth and share the goal of creating a better humanity. The most important thing, he says, is not our belief system, but our actual motivation or state of mind which, if based on anger, greed, and a feeling of opposition, can only lead to suffering and conflict in the long run. On the

other hand, happiness and peace of mind are the inevitable results of a kind heart and a selfless attitude.

The Dalai Lama applies these same principles on a global level, saying that we are all equal in our desire to seek happiness and avoid suffering. In our "shrinking," interdependent world, he says, there is no longer any such thing as a strictly local problem, and once we understand these facts, even global demilitarization and disarmament become realistic goals. Some readers may be tempted to dismiss the Dalai Lama's views as idealistic, yet they are based on supremely logical reasoning as well as his own remarkable life experience.

In our own society, there is a growing sense that we are losing our ability to live a decent and satisfying human life. The Dalai Lama's diagnosis, while simple, is pertinent: He has said that "The most difficult problems in the world, which, in large part, emanate from the most developed societies, stem from an overemphasis on the rewards of material progress, one that has placed in jeopardy the very aspects of our common heritage that . . . inspired human beings to be honest, altruistic, and spiritually mature." All in all, this is a book for those who have the courage to think that we, as human beings, can solve our fundamental problems and live in a meaningful way.

The Dalai Lama also urges us to remember Tibet, which is threatened with national and cultural extinction. — JC

In the case of such global issues as the conservation of the earth . . . the human mind is the key factor. Whether they are problems of economics, international relations, science, technology, medicine or ecology . . . where the problem begins and where the answer must first be sought is within. In order to change the external situation we must first change within ourselves.

— **The Dalai Lama**

Zen Buddhism

The Compass of Zen

By **Zen Master Seung Sahn**

\$20.00. 394 pp. paper. ISBN 1570623295. Shambhala

What is the "compass of Zen?" According to Zen Master Seung Sahn, many of us are like ships crossing the ocean without a compass. We go about our business in life, but on a deeper level, we don't know what we really need to know: Who we are, where we come from, where we are going, and what we are doing here,

or as Zen Master Seung Sahn says, the nature of our "true job." We are so possessed by the pursuit of material wealth or other limited goals, we need a compass that points in a more true direction.

Where does the "compass of Zen" point? According to Master Seung Sahn, it points to our own mind, our "True Self," which is not our superficial thinking mind, but rather the mind that is "before thinking," or the unmoving mind of Zen meditation. This mind is like a clear mirror, reflecting the intrinsic beauty and perfection of everything that exists. It is infinite, so it is not limited by our ordinary concepts of time, or of birth and death. It is also the mind of spontaneous love and compassion. This is the mind of an awakened person or Buddha. Though few of us recognize it, it is also the mind of every living being.

The Compass of Zen is a unique book which presents both the fundamental teachings of Buddhism and the special teachings and methods of Zen. According to Zen Master Seung Sahn, when the Buddha became enlightened, he doubted whether anyone else would understand such a profound, subtle, and marvelous experience. So, when he began teaching, he started with ideas that were easier to grasp, pointing out the impermanence of life and the suffering that results if we try to cling to it. Only later, when people were ready, could he teach the ultimate nature of reality and the need for universal compassion. The first half of this book explores these core Buddhist teachings by using stories and analogies that make difficult teachings more accessible. Afterwards, Master Seung Sahn discusses the special methods and teachings of Zen which lead to the experience of enlightened mind, and maps out the unfolding levels of understanding as one continues in Zen practice. Zen can never be fully explained: You have to eat the apple to know how it tastes. However, Zen Master Seung Sahn has a wonderful gift for leading readers into the significance of Zen teachings, koans and poems.

This book presents the teachings of Buddhism and Zen systematically from A to Z. It is alternately deeply serious and quite funny. Zen may seem very mysterious, but Zen Master Seung Sahn insists that it is actually "very clear." In the end, he invites us to share in his laughter — HaHaHa! That's when we realize that, for all our searching, we already knew the truth. — JC

Then how do you keep your mind, right now? Just as a ray continues out from one

ZEN BUDDHISM

point to another to make a straight line, how you keep your mind in this very moment makes your whole life. Many people only follow their thinking, their desire, anger, and ignorance. So they get suffering in situation after situation. But if you wake up, right now, you get happiness. Which one do you like?

— Zen Master Seung Sahn

Complete Enlightenment
Translation and Commentary
on The Sutra of Complete Enlightenment
By Ch'an Master Sheng-yen
\$23.00. 325 pp. cloth. ISBN 0960985476.
Dharma Drum

As the title suggests, this book is about complete enlightenment: how to arrive at such a state of being, and what it means to do so. Although not necessarily easy to reach, neither is enlightenment an elusive, esoteric goal. If we make the effort, we can all be enlightened, or at least make progress in that direction. This clearly written and practical guide consists of Ch'an Master Sheng-yen's commentaries on a Sutra, a text attributed to the Buddha. ("Ch'an" is the Chinese word that becomes "Zen" in Japanese.) His commentaries were originally presented as talks to a lay audience, those of us with jobs, girlfriends, husbands, parents, and all the usual concerns of life.

The road to enlightenment is a long one — you need a guide to lead you to your destination. Otherwise, it is easy to make a wrong turn, or to stop and congratulate yourself before you arrive there. On the path of spiritual practice, many people mistake "partial" experiences for actual enlightenment. The advice in this book will be very helpful for those who want to arrive at the highest spiritual goal without getting sidetracked along the way.

An enlightened person's mind is stable and balanced. Understanding the impermanence of all existence, an enlightened person avoids becoming overly elated or depressed about the

changing conditions of life. He or she understands that the suffering we experience in life is created by our own minds, and by the karma we create through our own actions. Once we gain control of our mind and understand it's nature, all our suffering can be brought to an end. Master Sheng-yen also explains the highest, ever subtle levels of the path to enlightenment. At those levels, our efforts to "attain" enlightenment may become our greatest obstacle, so practitioners always need an attitude of giving, or of selfless compassion.

Most of us feel that life necessarily includes confusion, turmoil, uncertainty, and pain. In the long run, many of our desires only cause us more trouble. Yet Ch'an Master Sheng-yen (and the Buddha's teachings) offer a clear alternative. We can't control much of what happens in life, but we can live with complete peace of mind, and great compassion for our fellow beings. Speaking clearly and plainly, and with humility, he shows us how to arrive at this wonderful state of being. And it is a benefit simply to know that enlightenment is possible, so we can take some steps in that direction. — JC

Living Buddha, Living Christ
By Thich Nhat Hanh
With an Introduction by Elaine Pagels
\$11.00. 208 pp. paper. ISBN 1573225681.
Perigree Press

What is religion? Is it a system of ideas and beliefs? Or a collection of forms and rituals that have lost their meaning? In *Living Buddha, Living Christ*, we see religion through the eyes of the Buddhist monk

Thich Nhat Hanh. He writes that "If religions are authentic, they contain the same elements of stability, joy, peace, understanding, and love . . . They differ only in terms of emphasis." Nhat Hanh's focus is always on our actual experience — how we see and hear; and our actual way of being — how we walk, sit or smile. His reli-

gion cannot be captured by ideas or dogma; it must be lived. In this way, he finds many parallels between the lives and teachings of Christ and the Buddha. His concern is not with whether we speak about "the Kingdom of God" or about "Nirvana"; he only wants us to discover this peace and happiness in our daily lives. Those disillusioned with religious dogmatism may find this book quite refreshing, since Nhat Hanh insists that religions — including his own — must change and grow. He writes that "A true teaching is not static," and that we must consider the situation in which any religious teaching was given. Some Christians may be uncomfortable with Nhat Hanh's suggestion that the practice of mindfulness can bring new life to the rite of Communion, but others will appreciate his way of seeing this sacrament as a living reality. Similarly, Buddhists may be interested in his discovery that Greek Orthodox teachings closely parallel the writings of the great Buddhist teacher Nagarjuna. Nhat Hanh observes that there is a spiritual emptiness to modern society which we try to fill by "eating, drinking, watching TV, going to movies, and even overworking. We absorb so much violence and insecurity every day," he writes, "that we are like time bombs ready to explode." However, he insists that we can renew ourselves, and that the ways to this renewal already exist. — JC

In each of us is a seed of understanding. That seed is God. It is also the Buddha.

— Thich Nhat Hanh
Thich Nhat Hanh is the author of several other seminal books, such as: *Teachings on Love* (\$18.00 cloth, Parallax); *Peace Is Every Step* (\$11.95 paper, Bantam); *Miracle of Mindfulness* (\$12.00 paper, Beacon); *Zen Keys: A Guide To Zen Practice* (\$11.95 paper, Doubleday); *Being Peace* (\$10.00 paper, Parallax Press); and *Miracle of Being Awake* (\$2.25 paper, Buddhist Publication Society).

Unlocking the Zen Koan
A New Translation of the Zen Classic
Wumenguan
Translated by Thomas Cleary
\$12.95. 213 pp. paper. ISBN 155643247X.
North Atlantic

Zen koans are expressions of enlightenment. They consist of sayings from the great Zen masters, or incidents involving

masters and their students. Zen masters use koans to lead their students to an initial breakthrough, and then to deepen and clarify that experience. Zen students try to enter into the living spirit of the koan, because the Zen master is not interested in intellectual explanations.

This book is a new translation (from Chinese) of the classic *Wumenguan* koan collection, which is also widely known as the *Mumonkan* (in Japanese) or *The Gateless Barrier*. It includes commentaries by Thomas Cleary, a well known, widely appreciated translator of Buddhist and Taoist texts.

It is difficult to evaluate this book without being a Zen master or at least a scholar of oriental languages. However, while Cleary is obviously knowledgeable about Zen teaching, the style and spirit of his observations differ from those of Zen masters as they guide their students. It is like

hearing a joke. You either burst out laughing when you hear the punch line, or you don't get it. Once someone has to explain the joke to you, it's not quite as funny. In the same way, when a Zen master presents a koan, he will offer hints, illustrations, and possibly a poem or two. Cleary provides explanations of the koans which contain useful and accurate information, but one loses the sense of being pointed towards spontaneous insight—or even outbreaks of laughter. However, the book also contains Cleary's translations of poems by well known Zen masters, which are written in response to the koans. The poems express the spirit of the particular koan, but they never explain.

Readers interested in approaching koans in the traditional way might consult *The Gateless Barrier* (\$15.00 paper ISBN 0865474427, North Point), a translation and commentary of the same collection by Robert Aitken. Aitken Roshi is a very widely respected American Zen master whose teachings are enhanced by his appreciation of poetry and literature. Another very valuable collection is Thomas and J. C. Cleary's translation of *The Blue Cliff*

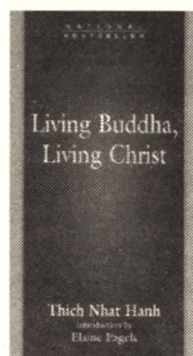
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EDITOR'S CHOICE



NEW IN PAPERBACK



AUDIO BEST SELLERS

Music

- 1 Sunyata by Vas. \$12.78 (\$15.98 list) CD & \$7.98 (\$9.98 list) cassette.
- 2 Kama Sutra: A Tale of Love (soundtrack) by Michael Danna. \$16.98 CD & \$10.98 cassette
- 3 Sacred Healing Chants of Tibet by Shartse Monks. \$15.98 CD & \$9.98 cassette
- 4 The Book of Secrets by Loreena McKennitt. \$16.98 CD \$10.98 cassette
- 5 Om: The Reverberation of Source by Master Charles. \$19.95 CD & \$14.95 cassette
- 6 Paint the Sky with Stars: The Best of Enya by Enya. \$17.98 CD & \$11.98 cassette
- 7 Reiki: Healing Hands by Anuvida & Nik Tyndall. \$15.98 CD & \$9.98 cassette
- 8 The Angels of Healing — Vol 1: Music for Reiki. \$15.98 CD & \$9.98 cassette
- 9 Chants of India by Ravi Shankar. \$16.98 CD & \$10.98 cassette
- 10 Awake Inside a Dream by the Angels of Venice. \$15.98 CD & \$9.98 cassette

Spoken Word

- 1 Spiritual Madness by Caroline Myss. \$18.95 cassette
- 2 Why People Don't Heal by Caroline Myss. \$17.95 cassette
- 3 Anatomy of the Spirit by Caroline Myss. \$18.95 cassette
- 4 How to Meditate by Lawrence LeShan. \$10.95 cassette
- 5 Energy Anatomy: The Science of Personal Power, Spirituality, and Health by Caroline Myss. \$59.95, 6 cassette box
- 6 Healing with Spirit (with Michael Toms) by Caroline Myss. \$10.95 cassette
- 7 Awakening the Buddha Within by Lama Surya Das. \$16.99 cassette
- 8 Conversations with God: Bk 1, Vol. 1 by Neale Donald Walsch. \$17.95 cassette
- 9 Manifest Your Destiny: The Nine Spiritual Principles for Getting Everything You Want by Wayne W. Dyer. \$18.00 cassette
- 10 The Seven Spiritual Laws of Success by Deepak Chopra. \$11.95 cassette

Subliminal

- 1 Self-Esteem: Subliminal Mastery Series by Louise L. Hay. \$10.00. cassette
- 2 Attracting Prosperity: Soundwave 2000 Subliminal by Steven Halpern. \$15.98 CD & \$9.98 cassette
- 3 Sleep Soundly: Audioactive Subliminal by Steven Halpern. \$9.98. cassette
- 4 Enhancing Creativity: Audioactive Subliminal by Steven Halpern. \$9.98 cassette
- 5 Creativity: Manifesting Your Creativity by Stuart Wilde. \$11.95 cassette
- 6 Create Wealth: Power Programming by Dick Sutphen. \$12.98 cassette
- 7 Opportunities: Pulling Opportunities, Like Plums by Stuart Wilde. \$11.95 cassette
- 8 Self-Healing: Subliminal Mastery Series by Louise L. Hay. \$10.00. cassette
- 9 Courage: I Can Do Anything by Stuart Wilde. \$11.95 cassette
- 10 Enhancing Self Esteem: Audioactive Subliminal by Steven Halpern. \$9.98. cassette

THESE LISTINGS REFLECT SALES FOR APRIL 1998.

CHANNELED MATERIAL

Record, which is one of the very greatest koan texts. **The Blue Cliff Record** (\$60.00 cloth ISBN 0877736227, Shambhala) presents the words and actions of the best known early Chinese Zen masters, the real "founding fathers" of Zen, along with poems, pointed "capping phrases," and spirited commentaries from the same era. This translation is an invaluable resource for serious students of Zen. — JC

Channeled Material

Conversations With God: Book 1 Guidebook

An Uncommon Dialogue

By Neale Donald Walsch

\$12.95. 213 pp. paper. ISBN 1571740481. Hampton Roads

Neale Donald Walsch says that in *Conversations With God: Book 1*, "Deity speaks to Everyman in Everyman's own language." The *Guidebook* takes you deeper into the material that was revealed in *Book 1* and helps you to experience the truths expressed in it. The book contains four ways

that invite your interaction with it: Special inquiries, exercises, assignments, and experiments. "The *Guidebook* invites you to do stuff, not just read stuff," says Walsch. "The 'stuff' it invites you to do may be done alone or as a group with equal value." You will answer

questions and do projects that call for you to do inner work and make your own self-assessments. The point of the processes in this book is to experience what *you* know, rather than observe what is true for others. If you choose to participate in the "stuff" of this book, you will grow and transform your life. You will learn to live by the simple message at the heart of *Conversations With God*: Love is all there is. — ICS

The books by Neale Donald Walsch that started it all are: *Conversations with God: An Uncommon Dialogue: Book 1* (\$15.96 (\$19.95 list) cloth ISBN 0399142789) and *Conversations with God: An Uncommon Dialogue: Book 2* (\$15.96 (\$19.95 list) cloth ISBN 1571740562).

Gemisphere Luminary

By Michael Katz

\$25.00. 351 pp. cloth. ISBN 0924700084.

Gemisphere

Gemisphere Luminary introduces you to the Gemstone Guardians. These inner-world beings fulfill the purpose and maintain the effects of gemstones everywhere. Michael Katz and a partner were contacted by the Gemstones Guardians who asked him to teach the people of earth about the

missions and healing effects of gemstone spheres. Gemstone spheres can be used to heal, nourish, and illuminate all aspects of our lives. Over the course of thirty interviews, the Gemstone Guardians discuss a new field of energy medicine, the evolution of consciousness, the masculine and feminine rays, links between planetary and human disease, and the origin of color. The Guardians want us to appreciate that gem-

stones contain intense concentrations of the light and sound of the life force. This is why gemstones are some of our greatest tools. By understanding their uses, we can grow beyond our current limitations. The Gemstone Guardians offer us a way to personal and planetary healing. Michael Katz has spent the past nine years in intensive training with the Gemstone Guardians and other inner-world teachings, working closely with them to help manifest their vision for planetary upliftment. — ICS

Imprinting

A Healing of the Chakras

By Ceanne DeRohan

\$15.00. 155 pp. paper. ISBN 9990244367.

Four Winds Publications

Imprinting is the seventh book channeled by Ceanne DeRohan. *Right Use Of Will*, *Original Cause 1 and 2*, *Earth Spell*, *Heart Song*, and *Land Of Pan* precede *Imprinting*. The books should be read in order, since the material in each book prepares you for its sequel. The purpose of the entire series is to help you recognize the belief systems buried in your subconscious that still influence your life today.



Imprinting reveals information to you concerning the spirit/body belief system, the original spirit/body split. The channeled Spirit of Creation calls this "the gap." It says *It (the gap) affected everyone in Creation, imprinting them in ways that they have never been able to move past, no matter how hard they have tried.* The gap is filled with anger, rage, blame and sadness. In order to escape the imprinting of the gap, we must change the actual imprinting itself. The channeled entities in *Imprinting* tell their stories in hopes that we will do so. Ultimately, this book is about healing the gap—and that happens when we fill it with love. — ICS

The Journey Home

A Kryon Parable

By Lee Carroll

\$14.95. 252 pp. cloth. ISBN 1561703990.

Hay House

What if a "higher being" appeared one night to tell you a bedtime story? That's exactly the idea of this charming parable which is part *Alice in Wonderland*, part *Hansel and Gretel*, and part Arthurian legend, but also all with a metaphysical twist. It is the tale of a seemingly ordinary Midwesterner named Michael who is disillusioned with the



world and unable to find his place in it. When an accident leaves Michael hovering between life and death, he is visited by an angel — and Michael tells the angel that he wants to go "home." The angel tells him he must first survive a series of adventures and challenges in another land where celestial guides and shadow beasts await him. The storyline was inspired by Kryon, an entity channeled through author Lee Carroll, who has published four other Kryon titles. Carroll took the information and molded it into an engaging fantasy with all the classic elements of wonder. — GL

Other important books by Lee Carroll are: *Kryon: Partnering with God: Book 6* (\$14.00 paper ISBN 1888053100); *Kryon: Alchemy of the Human Spirit: Book 5* (\$14.00 paper ISBN 0963630482); *Kryon: Don't Think Like A Human: Book 2* (\$12.00 paper ISBN 0963630407); and *Kryon: the End of Times: Book 1* (\$12.00 paper ISBN 0963630423).

Kryon

Partnering With God

By Lee Carroll

\$14.00. 386 pp. paper. ISBN 1888053100.

Kryon Writings

This book is actually a collection of transcriptions from Kryon channelings all over the world. The information contained in this volume is no less than an outline of the next evolutionary step: How to partner with God as a co-creator of our own potentials. The material encourages us to abandon all self-defeating behaviors and any residual feelings of inferiority so we may take charge of our individual and collective futures. *Kryon* provides uplifting advice for both self-healing and global wholeness. Because this book is a collection of transcriptions from different times and locations, the overlap can be confusing. It is, however, quite appropriate for Kryon to use repetition to reinforce the teachings. The book ends with the perfect synthesis and application of the lessons by providing a question and answer format. Readers can then see how others have incorporated and sometimes struggled with the information in their own lives. — GL



Please see listing above for other recommended books by Lee Carroll.

Meditations From Conversations With God: Book 1

An Uncommon Dialogue

By Neale Donald Walsch

\$12.00. 365 pp. paper. ISBN 0425161692.

Berkley Books

It's important now, it's time now, to change your mind about some things. This is what evolution is all about. — Neale Donald Walsch

Meditations From Conversations With God: Book 1 offers you daily meditations taken from the pages of *Conversations With God: Book 1*. Each meditation includes the page number on which you will find the entire passage in *Book 1*. As you reflect upon these meditations, you will find a compassionate and understanding God, a God with a wonderful sense of humor

who takes delight in the joyful celebration of life. The words here are inspiring and meaningful. Sit with them in the morning and at night. You will hear God in the silence. — ICS

Millennium

Tools for the Coming Changes

By Lyssa Royal

\$13.95. 209 pp. paper. ISBN 0963132032.

Royal Priest Research Press

Ten years ago Lyssa Royal joined the staff of the Bodhi Tree Bookstore. Her

curiosity, imagination and insight led her to study trance channeling and she found that she possessed a special talent for it. Subsequently, "spirit" guided her to write books and conduct seminars throughout the world. Since the mid-1980's, she has been teaching the ground-breaking information she has been receiving from higher dimensions of existence, and this book represents a compilation of her most profound material. *Millennium* explores the global shift in consciousness, the inner workings of the human psyche, and the nature of reality. It offers simple, yet effective techniques for those wishing to incorporate the teachings into their lives. The techniques are designed to shift the perception of the reader and thus reality itself. *Millennium* is a guidebook for navigating the uncharted waters of the new millennium with intelligence, grace, self-confidence and an open heart. — SM



This book is dedicated to our loved ones, those who cry and laugh with us and wish the best for us even as we stumble in the darkness, confused by our own illusions. As we heal emotionally and spiritually, our relationships with our loved ones soar to new heights. As we reach these new heights, we see the divine reflected in the eyes of those we love. But first we have to see it within ourselves. — Lyssa Royal

Other books by Lyssa Royal are: *Prism of Lyra: An Exploration of Human Galactic Heritage* (\$11.95 paper ISBN 0963132008); *Preparing for Contact: A Metamorphosis of Consciousness* (\$12.95 paper ISBN 0963132024); and *Visitors from Within* (\$12.95 paper ISBN 0963132016).

The Way Toward Health

A Seth Book

By Jane Roberts, foreword & epilogue by Robert F. Butts

\$17.95. 371 pp. paper. ISBN 1878424300.

Amber-Allen

In September 1984, the channel that had spoken for one of the most profound and prolific metaphysical teachers of the 20th century fell silent. Seth, the entity who described himself as an "energy personality essence no longer focused in physical matter," had spoken exclusively through Jane Roberts since 1963. During the long illness that led to her death, Jane continued to channel Seth from her hospital bed, but this final work was left unfinished when she died.

Now, more than a decade after Jane's passing, her husband, Robert Butts, shares with us the intimate story of Jane's final days, and the exquisite teachings that Seth gave her during that time. In an exploration of the miracle of life in a human body, Seth speaks about: Why medicine and therapy often perpetuate illness; how the practice of naming diseases can work against us; the influence of religion in creating disease; how children's health is influenced by parents' beliefs; and humor as an effective factor in healing. — DL

As Seth tells us: *Do not think of the mind as a purely mental entity, and of the body as a purely physical one. Instead, think of both*

CHILDHOOD TO CHRISTIANITY

mind and body as continuing, interweaving processes that are mental and physical at once. Your thoughts actually are quite as physical as your body is, and your body is quite nonphysical as it seems to you your thoughts are. You are actually a vital force, existing as a part of your environment, and yet apart from your environment at the same time.

Other interesting books by Jane Roberts are: *Seth Speaks: The Eternal Validity* (\$17.95 paper ISBN 1878424076); *The Nature of Personal Reality* (\$17.95 paper ISBN 1878424068); *The Magical Approach: Seth Speaks About the Art of Creation* (\$12.95 paper ISBN 1878424092) and *The Oversoul Seven Trilogy* (\$19.95 paper ISBN 1878424173).

Childcare & Education

Always Kiss Me Good Night

Instructions on Raising the Perfect Parent
Compiled by J.S. Salt, Editor
\$7.00. 125 pp. 4.5" X 6". paper.
ISBN 051788738X. Three Rivers Press

If you are the flummoxed parent of a youngster, not sure how to do the job, here is guidance that comes straight from the horse's mouth. If kids came with an instruction manual, this would be it. Clear and concise, these jewels are the distillation of J.S. Salt's meetings with over 1,000 children from a variety of ethnic and economic backgrounds and from more than a dozen schools. As six to twelve year old experts, who know exactly what they need, these kids offer truly wise parenting tips. These tips, mostly illustrated, cover three categories: Caring, Guidance & Independence, and Family & Friends. These pithy suggestions will bring a smile to your face, a lump to your throat, and the renewed joy and confidence that you can give your children the love and support they deserve. You owe it to your child — not to mention yourself — to know this little book backwards and forwards. — TLKS



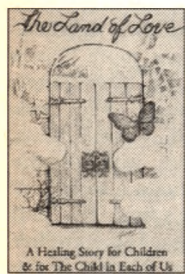
and economic backgrounds and from more than a dozen schools. As six to twelve year old experts, who know exactly what they need, these kids offer truly wise parenting tips. These tips, mostly illustrated, cover three categories: Caring, Guidance & Independence, and Family & Friends. These pithy suggestions will bring a smile to your face, a lump to your throat, and the renewed joy and confidence that you can give your children the love and support they deserve. You owe it to your child — not to mention yourself — to know this little book backwards and forwards. — TLKS

The Land of Love

A Healing Story for Children & for the Child in Each of Us

By Kathleen Quinlan, L.C.S.W.
\$10.00. audio cassette. ISBN 0965818705.
Land of Love Productions

Kathleen Quinlan is a Licensed Clinical Social Worker, respected for her innovative work with children. She first produced this tape in 1989. Using soothing words and music, Quinlan takes a child on a imaginative journey to the "Land of Love," where a fairy godmother called Alayah, the personification of the "Spiritual Self" rises to the aid of the "Mortal Self" to grant its desires for healing and fulfillment. Focusing on inner peace, building self esteem, and increasing creative power, the journey shows children the great spiritual resources that are available to help them transform and empower their lives. Further, *The Land of Love*, when played continuously, is a soothing aid for relaxation or sleep. Quinlan's voice — and her music — will surely attract and fascinate children and adults alike.



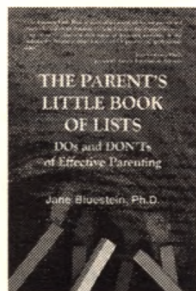
The Parent's Little Book of Lists

DOs and DON'Ts of Effective Parenting

By Jane Bluestein, Ph.D.

\$10.95. 336 pp. paper. ISBN 1558745122.
Health Communications

If you are a list maker be sure to put this book on your next one. *The Parent's Little Book of Lists* is not a primer on theory, but rather a down-to-earth blend of proven methods, tested tips and techniques, and a healthy dose of good old fashioned common sense. This book presents clear, practical advice on a wide array of topics; from combating monsters in the closet and honoring imaginary friends, to building character and school success, solving problems independently, and dealing with children's vulnerability to drugs, peer pressure and other societal dangers. Dr. Jane Bluestein has drawn from a wide variety of perspectives to address the whole spectrum of parenting concerns. Whether you're just starting out as a parent or are at the end of your rope, you'll find hundreds of suggestions that are easily adapted to your specific needs, goals, and values. Bluestein's strategies minimize conflict and maximize cooperation in a family environment built on mutual love, respect and understanding. Her new book will undoubtedly become a trusted reference for parents and professionals alike. — TLKS



The 7 Habits of Highly Effective Families

Building a Beautiful Family Culture in a Turbulent World

By Stephen R. Covey
\$25.00. 390 pp. cloth. ISBN 0307440087.
Franklin Covey/Golden Books

The bestselling author of *The 7 Habits of Highly Effective People*, now applies his principles to family life. Covey takes timeless principles that create healthy human relationships and breaks them down into logical steps. He then guides us through them, illustrating each one with stories, and offers guidelines for sharing the principles with young children and teenagers. Families must decide what their most important values are, then remain attentive to them. With empathy and respect, Covey tackles the actual conflicts families often experience. Covey's method is not "quick fix." The book calls for hard work, deep reflection, and action. He truly values deep family relationships. In the course of the book, he discusses mainstream culture in terms of creating a "beautiful family culture," and looks at the risks we face when values are not established within the family. Family relationships should be cultivated as a daily practice, which is grounded in thought and care. Once you define your deepest values and priorities, this book will help you realize them. — RZM

This book is honest, readable, and big-hearted. I like the stories about the Covey family the most. It's a commonsense guide for helping families. — Mary Piper, Ph.D., author



of *Reviving Ophelia: Saving the Selves of Adolescent Girls*.

The Tibetan Art of Parenting

From Before Conception

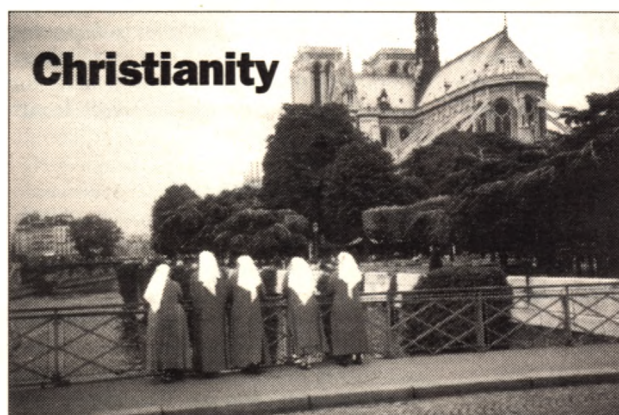
Through Early Childhood

By Anne Hubbell Maiden

and Edie Farwell

\$16.95. 185 pp. paper. ISBN 0861711297.
Wisdom Publications

The primary purpose of this book is to introduce Western readers to the integrated perspective of birth as it expressed in Tibetan culture. Through the Tibetan view we see the physical, emotional, mental, spiritual, relational, and environmental elements of birth forming a unified whole — a respected, unbroken continuum of life and interconnected experience. Not only does *The Tibetan Art of Parenting* document these practices for future generations of Tibetans who may not have been raised in their homeland; but it also shares them with Westerners seeking to expand their knowledge and understanding of childbirth. Childbirth is a universal and timeless event, with extraordinary impact on our well-being. Therefore, the authors use stories, medical information, and family and religious traditions to guide us into an alternative way of viewing the beginnings of a life. It serves us well to learn as much as we can from all the world's cultural traditions, as well as more recent innovations, so we can choose the very best way to give birth. — TLKS



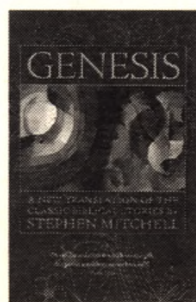
Genesis

A New Translation of the Classic Biblical Stories

By Stephen Mitchell

\$13.00. 161 pp. paper. ISBN 0060928565.
HarperCollins

Stephen Mitchell has become widely known for his original and definitive translations of spiritual writings and poetry. His translation of the *Tao Te Ching* has been called "definitive for our time," his *The Gospel According to Jesus* "a masterpiece of immense power and permanence," and his *The Selected Poetry of Rainer Maria Rilke* "the most beautiful group of poetic translations this century has produced." Here Mitchell turns



his attention to the book of Genesis, one of the most important religious texts of all time. This rich and provocative new translation embodies in English the simplicity, dignity, and powerful earthiness of the original Hebrew. Mitchell also gives the text a stunning new clarity by separating stories that had been combined by scribes centuries after they were written, and omitting all verses that have been recognized as scribal additions. This immeasurably strengthens the original stories; it is like removing coat after coat of lacquer that has obscured the vibrant colors of a masterpiece.

The scribal additions are fully translated in an appendix and extensive textual notes. In his introductory essay, Mitchell puts the historical Genesis in context and explains its importance as a central story of the human spirit. — DL

Some contemporary translators of the Bible invoke stilted archaisms; others affect a kind of colloquial informality. Stephen Mitchell's admirable and enjoyable translation does neither, but conveys, with remarkable clarity, these compelling, strange, and powerful stories.

— Elaine Pagels,
author of *The Gnostic Gospels*

The Gospel of the Beloved Disciple

By James P. Carse

\$18.00. 144 pp. cloth. ISBN 0060615761.
HarperSF

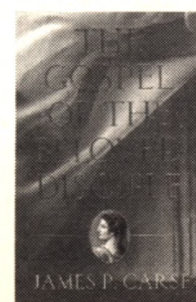
Although it has atrophied over the ages, there once was a tradition of writing gospels to communicate the contemporary meaning of Jesus' life and teaching.

This tradition resulted in such gospels as the *Gospel of Thomas* but died out when the Church closed the New Testament with its four official or "canonical" Gospels — *Matthew, Mark, Luke and John*. Now religious scholar and teacher James P. Carse

revives this tradition with a new, fascinating gospel. While the story is quite familiar, Carse takes it to new places by telling it through the reminiscences of the "beloved disciple," a woman who was a close companion of Jesus. James Carse has achieved something extraordinary in this rendition: We experience and sense a real Jesus as he makes his way and responds to events and companions.

The "beloved disciple" knew Jesus better than anyone else and wants to tell his story as she really experienced it; she has no desire to mythologize him or advance some Church agenda. We hear what he says, in both loving and sometimes trenchant exchanges, and what others think he said and what they think it means. We see a revolutionary and very human Jesus who is not altogether sure of his divinity but who has a profound sense of

his being. He rejects conventional pieties, makes jokes, debates with rabbis, casts his lot with the down-trodden, and spins tales infused with the stark beauty and brutality of biblical times. The story is so compelling that you may suspect it to be an



COURSE IN MIRACLES

authentic manuscript discovered on the Mount of Olives. John Dominic Crossan, author of *The Historical Jesus*, writes, "*The Gospel of the Beloved Disciple* is a beguilingly beautiful, hauntingly evocative, and serenely successful gospel." It is all of that and more. Don't miss it. — SM

Teachings of the Christian Mystics

Edited by Andrew Harvey

\$13.00. 196 pp. paper. ISBN 1570623430.

Shambhala

Envoi: You Are Christ's Hands

Christ has no body now on earth but yours,

no hands but yours,

no feet but yours,

Yours are the eyes through which is to look out

Christ's compassion to the world;

Yours are the feet with which he is to go about

doing good;

Yours are the hands with which he is to bless

men now.

— Saint Teresa of Ávila

The Christian mystical tradition is once again flourishing. As you read the Christian mystics, you discover a Christianity saturated with the healing and life-affirming truths of the sacred feminine, with its sensitivity, tenderness, vulnerability and honoring of all life. Andrew Harvey's anthology



presents the mystics in their own words to show us how well they serve, even now, as guides for the spiritual life. He has chosen selections from all eras of the Christian tradition. The writers include Francis of Assisi, Meister Eckhart,

Julian of Norwich, Teresa of Ávila, Thomas Merton, Bede Griffiths, and many others. Harvey believes that the Second Coming will be the birthing of Christ-consciousness in millions of men and women who will love and serve humankind. Andrew Harvey is the author of numerous books, including *A Journey In Ladakh*, and *Mary's Vineyard*. — ICS

Course in Miracles

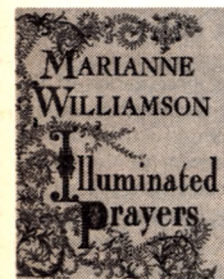
Illuminated Prayers

By Marianne Williamson, watercolors by Claudia Karabaic Sargent

\$20.00. 102 pp. cloth. ISBN 0684844834.

Simon & Schuster

"I think of prayer as a spiritual lifeline back to where I most want to be," writes Marianne Williamson in this new book of universal prayers. Prayer is a powerful force that can lift spirits, guide journeys, and heal the heart. *Illuminated Prayers* is a book of spiritual wisdom to bring the power of prayer into your daily life.



Beautifully illustrated in the manner of an illuminated manuscript, *Illuminated Prayers* offers a treasured keepsake of the power and enduring relevance of Williamson's message: Prayer illuminates our souls, and with prayer one can change the world. — DL

Dear God,

As I wake up this morning, may Your spirit come upon me. May my mind receive Your emanations, my soul receive Your blessing, and my heart receive Your love.

May all those I meet or even think of on this day feel better for it. May I contribute peace. May I serve Your purposes with all I say and do, today and always.

Please show me how.

Amen

— from *Illuminated Prayers*

Other important books by Marianne Williamson are: *The Healing of America* (\$19.20 (\$24.00 list) cloth ISBN 068484270X); *Woman's Worth* (\$11.00 paper ISBN 0345386574 & \$17.00 audio cassette ISBN 0679424326); *Illuminata: A Return to Prayer* (\$20.00 cloth ISBN 0679435506, \$12.00 paper ISBN 1573225207, \$12.00 audio cassette ISBN 067943660X and \$15.00 CD ISBN 0679437991); *A Return to Love: Reflections on the Principals of A Course in Miracles* (\$6.99 paper ISBN 0061092908); and *Emma and Mommy Talk to God* (\$14.95 cloth ISBN 0060264640).

The Message of a Course in Miracles

Volume One: All Are Called; Volume Two:

Few Choose to Listen

By Kenneth Wapnick, Ph.D.

\$22.00. 619 pp. 2 volume set. paper.

ISBN 0933291256. Foundation for A

Course in Miracles

A Course in Miracles was received and taken down over a seven year period by Helen Schucman, a highly respected research psychologist, who "heard" the voice of Jesus dictating the material to her. It was first published in 1975 and many thousands of students have studied the *Course* since.

At the heart of a *A Course in Miracles* are the universal spiritual themes of love and forgiveness, along with a set of lessons that guide the mind to a place of true and lasting peace. Though the *Course* uses Christian terminology (in a non-traditional manner), people of all faiths have found that it speaks to their needs in a profound way.

In his latest work, Kenneth Wapnick, author of *Love Does Not Condemn*, represents *A Course in Miracles* in order to bring those students who have moved further and further away from its original message back to its core teachings.

The Message of A Course in Miracles is a two-part work. It provides a comprehensive overview of the teachings of *A Course in Miracles*, with discussion and guidelines on how to avoid some common misconceptions of these teachings. Volume One, *All Are Called*, could indeed carry the subtitle, "What *A Course in Miracles* Says," while Volume Two, *Few Choose to Listen*, could be subtitled "What *A Course in Miracles* Does Not Say."

So, the first volume focuses on what the *Course* actually teaches, while the second focuses on the ways in which students have misunderstood it. — DL

Creativity

Available June, 1998

The Artist's Way at Work

Riding the Dragon:

Twelve Weeks to Creative Freedom

By Mark Bryan with Julia Cameron

and Catherine Allen

\$26.00. 265 pp. cloth. ISBN 0688157882.

William Morrow

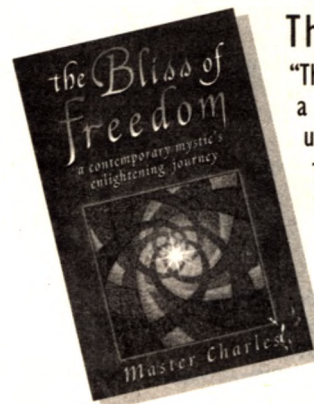
Julia Cameron began teaching the prin-

"Master Charles is an inveterate teacher and guide for the Twentieth Century Soul."

— Lynn Andrews

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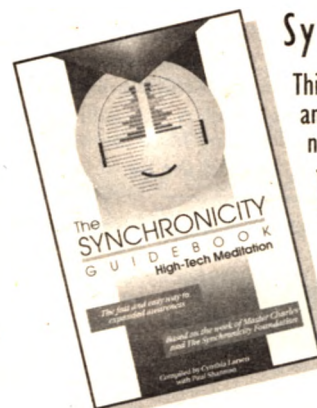
The Bliss of Freedom

"The Bliss of Freedom is a celebration of life... a glimpse of the potential and possibilities for us all, here, now." — John Bradshaw

This inspiring account offers profound insight into the true nature of spiritual illumination. Master Charles' mystical experiences reveal a depth of enlightenment unparalleled in the West.

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A lush orchestral score of sampled voices and strings, this is the slowest, most continually meditative theta-range music available.

Volumes I through 4

Cassette \$14.95 ea. CD \$19.95 ea.

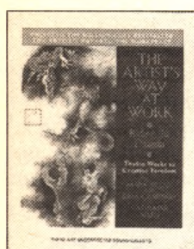
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Available Through The Bodhi Tree Bookstore

Or call 1-800-962-2033, (804) 361-2323, ext. ESP8, 9am-6pm EST.

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CREATIVITY TO DIET & HEALTH



ciples that later became *The Artist's Way* twenty years ago, at the New York Feminist Art Institute. Not long after, she met Mark Bryan, then a graduate marketing student. Soon they were teaching the *The Artist's Way* together, using hand-bound xeroxes as their course notes. In 1989, in response to the overwhelming popularity of the course, *The Artist's Way* was picked up and published by Jeremy Tarcher. Today, with over one million copies in print, the book has helped its many readers to recover and express their creativity.

Now Bryan, Cameron and Catherine Allen have created a similar program for understanding the workplace and performing more creatively and effectively in businesses and careers. Like its predecessor, *The Artist's Way at Work* is a hands-on, twelve-week program, filled with practical and effective exercises that have been extensively field tested. The work is based upon four concepts: Everyone is creative, creativity is teachable, everyone can be more authentic and more fulfilled as long as they use their creativity, and business will increasingly value creative workers. Each week, the book introduces readers to several new tools to help them to access, experience, generate and control their creativity.

The processes in this book are rooted in cutting-edge principles of human development, organizational behavior, and the arts. Through them, you will learn not only to optimize your work experience but also to develop a personal philosophy of excellence that sustains you, whatever the future holds.

The orientation of the creative is not a perpetual state of euphoria, however: Creators experience frustration, pain, sadness, depression, hopelessness, and fatigue, as well as hope, joy, ecstasy, fun, and exaltation.

— Robert Fritz, from the book.

Creators on Creating

Awakening and Cultivating the Imaginative Mind

Edited by Frank Barron, Alfonso Montuori and Anthea Barron
\$14.95. 245 pp. paper. ISBN 0874778549.
Tarcher/Putnam

But let us admit it. With that word "creative," when applied to any human endeavor, we stand under a mystery. And from time to time that mystery, as if it were a sun, sends down upon one head or another, a sudden shaft of light — by grace one feels, rather than deserving — for it always comes as something given, free, unsought, unexpected. It is useless, possibly even profane, to ask for explanations. Somehow, somewhere, the Unknown is known, perhaps — who can say? — to the wild bee! — Pamela Travers, author of *Mary Poppins*, from a piece excerpted in this book.

A treasury of writings on the essence of creativity, this is an impressively diverse collection of writings by world-famous artists, musicians, writers, scientists, and filmmakers who have provided us with joy, illumination and profundity through their craft.

In this anthology we learn how they foster and harness the power behind their awesome gifts, so that we can appreciate the responsibility that accompanies it. Inspirational and insightful, practical and idealistic, this collection is an invitation to engage some of the world's most artistic and ingenious people in a rewarding dialogue.

Well, words are powerful beyond our knowledge, certainly. And they are beautiful. Words are intrinsically powerful, I believe. And there is magic in that. Words come from nothing into being. They are created in the imagination and given life on the human voice

— N. Scott Momaday

Here is a diverse group of artists, always interesting, surprising, and, teamed together, they collaborate to inspire and invoke our own creative muses. Containing writings, brief interviews, excerpts, and essays relating to the process of creativity, the articles flow in a thought provoking and inspiring stream, full of heart and imagination. Grouped into chapters with names such as "The Courage to Go Naked", the book is a revelation, akin to journeying with the masters, that will spark readers' own imaginations. — RZM

Poetic Medicine

The Healing Art of Poem-Making

By John Fox
\$16.95. 303 pp. paper. ISBN 0874778824.
Tarcher/Putnam

Poetry came before language, for it was the poetic spirit in man that made language.

— Hazrat Inayat Khan

Beyond poetry's elegant linguistic qualities lies a healing power of enormous strength, beauty, and intensity. With *Poetic Medicine*, readers can gain access to this natural healing force, become productive poets, and feel the joy of using their own creative energy to make a difference not only within themselves but in the outer world as well.

Poet and therapist John Fox uses poignant poems and intimate commentary by both unknown

and famous poets to reveal how people from all walks of life have used poem-making to explore matters that concern us all: the joys and sorrows of relationships, illness, the fragile bond between parent and child, the loss of loved ones, caring for humanity and the earth, and the renewal of spiritual connections.

Lovers of literature have always appreciated the unique power of language, and this inspiring guide to writing poetry makes its innumerable curative capacities clear. — DL

Poetry is simply speaking the truth. Each of us has a truth as unique as our own fingerprints. Without knowing that truth, without speaking it aloud, we cannot know who we are and that we are already whole. In the most profound way, speaking our truth allows us to know that our life matters. — Rachel Naomi Remen, M.D. — from the preface.

The Well of Creativity

By Julia Cameron, Natalie Goldberg, Deena Metzger, Keith Jarrett, Isabel Allende, and Mihaly Csikszentmihalyi with Michael Toms

\$12.95. 150 pp. paper. ISBN 1561703753.
Hay House

Michael Toms is the host and executive producer of the popular *New Dimensions*

Radio interview series. This new anthology features conversations exploring the concept of creativity with many profound contemporary thinkers and writers.

Through the dialogues included in *The Well of Creativity*, you will encounter the great diversity inherent within the creative process. Julia Cameron's dynamic energy and enthusiasm is revealed in her words of wisdom about what it takes to be creative. Natalie Goldberg makes the important connection between spirituality and creativity. Deena Metzger shows how, through writing, we can enter our inner depths and become more whole. The legendary

pianist Keith Jarrett reveals the magic and mystery in the living moment where creativity resides. Isabel Allende points to the power of storytelling and how each of us has our own unique story. Mihaly Csikszentmihalyi gives us the benefit of a lifetime of research on creative people, sharing many of the common traits that underlie creativity.

All these diverse artists, writers, and scholars agree on one point — creativity is accessible and available to each of us and can be found everywhere, even in the most mundane activities. Also running through these fascinating dialogues is the understanding that being creative means following your dreams, and that those who move beyond fear of failure and self-doubt will find their life's purpose with both commitment and inspiration. — DL

I think that [creativity is] a human process, and to be human is to be spiritual. It's my experience that all of us are creative. It's not something that belongs to an elite few, and it's not something that can be intellectually calibrated. For myself, I don't make a distinction between being human, being spiritual, and being creative. I think of this as our endowment. — Julia Cameron

Death & Beyond

Voyages Into The Unknown

Exploring The Afterlife Series: Vol 1.

By Bruce Moen
\$12.95. 241 pp. paper. ISBN 1571740686.
Hampton Roads

This unique book demystifies the subject of human experience beyond death by chronicling the experiences and discoveries of Bruce Moen. Moen says he has



ventured out beyond death many times and returned each time with greater knowledge, including the discovery that death is nothing to fear. Originally, Moen began having out-of-body experiences in his mid-twenties. This led him to study at The Monroe Institute where he learned how to leave the body and explore the nonphysical world of human consciousness. He then began assisting people who had recently died in their transition to the Afterlife, gaining valuable insights into that realm. In *Voyages Into The Unknown*,

Moen tells the story of his voyages past the edge of life, in the hope that you will use this knowledge to move past your fears and your programmed beliefs about the Afterlife. Bruce Moen lives in Denver, Colorado, where he works as an engineering consultant. — ICS

Diet & Health

Brain Longevity

The Breakthrough Medical Program That Improves Your Mind And Memory

By Dharma Singh Khalsa, M.D. with Cameron Stauth

\$25.00. 454 pp. cloth. ISBN 0446520675.
Warner Books

The human brain is the most complex and capable entity in the universe, far more chemically intricate and variegated than any star, and vastly more capable of fact storage and random information access than the world's most sophisticated computer. In fact, the brain is so complex that we will probably never fully understand it. However, the brain is also flesh and blood. Thus, it is susceptible to the ravages of time, stress, exhaustion, neurological toxins, and your own fear and

anger. *Brain Longevity* shows how the brain can be strengthened and enhanced through an integrated program of diet, lifestyle changes, and medicine. You will find treatments here that work to improve memory and that diminish the effects of age-associated memory loss. Dr. Khalsa also includes

his own findings on cortisol, an adrenal hormone produced both in reaction to stress and as part of the aging process. Cortisol, which is toxic to human brain cells, also accelerates the aging of the mind. But, as Dr. Khalsa demonstrates, this harmful process can be reversed. This in-depth study on the care of the brain is jam-packed with helpful information, encouraging facts, and well-researched advice to help you think better, remember better, and live better. Dharma Singh Khalsa graduated from Creighton University School of Medicine and trained at the University of California at San Francisco School of Medicine, Harvard Medical School, and UCLA School of Medicine. Cameron Stauth is the author of five critically acclaimed books. — ICS

Constructive Awareness

Alexander Technique and the Spiritual Quest
By Daniel McGowan

\$11.95. 111 pp. paper. ISBN 094391485X.
Larson Publications

There is a growing acceptance of the intrinsic link between the mind, the spirit, and the body. To attempt to develop in one area to the exclusion of the others contradicts this understanding. *If, on our spiritual quest, we are ignorant of the most immediate, vital part of our environment, namely the body, and if we do not give it its proper place and treat it with love, respect, and reverence, we will be hampered in our attempts to lead a more spiritual life. We are no less spiritual for giving proper regard to the body. Constructive awareness of it during the here-and-now of our lives makes much more*

HEALTH

sense than relegating it to an inferior position while we try to pierce the veil of the beyond in our efforts to understand higher states like spirit and mind. — Daniel McGowan

Here is how to use the body's "here-and-now" to enhance spiritual awareness. Daniel McGowan shows how a proper head-neck-back relationship heightens our moment-to-moment awareness of the unity of mind-body-world, and how developing a pain-free body is a springboard for attaining high spiritual aspirations. The result is a solid, vitalizing basis for combining inner freedom and effective altruistic action in the everyday world. The author oversees the Alexander Method Teachers Training Program in Berlin. — TLKS

Eat Right for Your Type

The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight

By Dr. Peter J. D'Adamo

\$22.95. 392 pp. cloth. ISBN 039914255X.

G.P. Putnam's Sons

This is the most extraordinary revolution in dietary thought to come about in decades. If you have ever suspected that not everyone should eat the same thing or do the same exercise, you are right. The key to our differences is the recognition of blood type as an encoded genetic message from the diet and behavior of our ancestors. Your blood type reflects your internal chemistry and actually determines the way you

absorb nutrients. For each type, the foods you absorb and your body's reaction to stress are different. This points the way to appropriate dietary choices for moderners exposed to a greater variety of food and lifestyle choices than our progenitors, who

gave us these fundamental dietary blueprints. Many of us today suffer from diet choices that are incompatible with our constitutions, without realizing the mistakes that we are making, or the severe consequences of our mistakes. *Eat Right for Your Type* will help you design a health program that is right for your blood type. Dr. Peter D'Adamo offers his book as a total resource for health. He clearly explains which foods help your blood type maintain optimal health and ideal weight, which vitamins and supplements you should seek out or avoid, and which medications function best in your system. He also tells you how to determine if your stress is relieved better through aerobics or meditation and what form of exercise is best for you. *Eat Right for Your Type* provides a clear, simple life plan that anyone can follow, and suggests the easiest ways to determine your blood type. Here is a breakthrough book that will change the way we eat and live. — TLKS

Feeding the Body, Nourishing the Soul

Essentials of Eating for Physical, Emotional, and Spiritual Well-Being

By Deborah Kesten

\$14.95. 259 pp. paper. ISBN 1573240680.

Conari Press

It's not just what you eat but how you eat that matters. This fascinating and timely book explores the relationship between diet and spirit in light of the wisdom tradi-

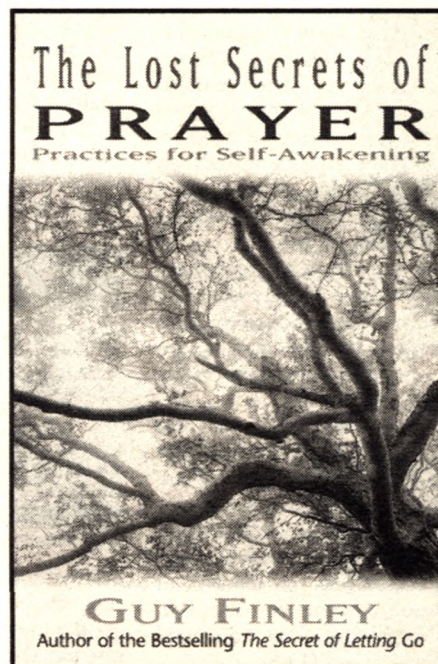
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Presents

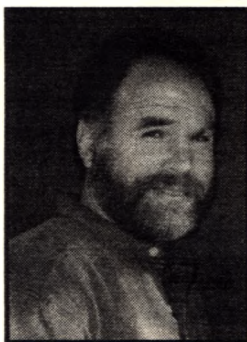
Guy Finley

author of

The Lost Secrets of Prayer



Best-selling author Guy Finley presents *The Lost Secrets of Prayer*, a guide to the *second* kind of prayer. The purpose of true prayer, as revealed in the powerful insights that make up this book, is not to appeal for what you think you want. Rather, it is to bring you to the point where you are no longer blocked from seeing that everything you need is *already here*. When you begin praying in this new way, you will discover a higher awareness of your present self. Use these age-old yet forgotten practices for self-awakening and your life will never be the same. \$9.95

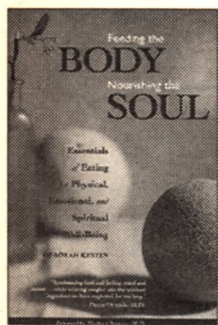


MEET THE AUTHOR

Guy Finley (Oregon) has been featured on over 300 radio and TV talk shows including "Larry King Live," "Sally Jesse Raphael," "CNN," and "Entertainment Tonight." His writings have been featured as a "Today's Pick" in *USA Today*. His books include *The Secret of Letting Go*, *The Secret Way of Wonder*, *Freedom from the Ties that Bind*, *Designing Your Own Destiny* and *The Intimate Enemy*.

Bodhi Tree Bookstore
Friday, May 22, 7:30-9:00 p.m.
Discussion and Booksigning

tions. It also explores the psychological and scientific implications of diet for our lives. While modern nutritional sciences advise us what to eat and what not to eat to maintain health and help cure our ailments, the advice often changes and is frequently confusing.



Yet there are time tested beliefs about food that have been sustained for millennia. Deborah Kesten reminds us of the spiritual aspects of food — an ageless tradition that we may lose if we see food only as physical sustenance. This well-researched and enlightening book explores the spiritual essence of our cultural beliefs surrounding food; in doing so, it gives us a broad perspective on nutrition — one that integrates mind, body, and spirituality.

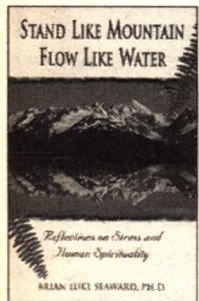
Feeding the Body, Nourishing the Soul leads us back to a deeper and healthier relationship to eating, while including cutting edge scientific research on the life giving properties of food. There are insights provided from more than 45 scientists and spiritual teachers, such as Jon Kabat-Zinn and Larry Dossey, to focus our attention on how we prepare our food and our state of mind when we eat. — TLKS

An enormously practical guidebook that affirms the importance of food, family, friends, and ritual in transforming everyday meals into a sacred celebration. — Joan Borysenko

Stand Like Mountain, Flow Like Water

Reflections on Stress and Human Spirituality
By Brian Luke Seaward, Ph.D.
\$10.95. 284 pp. paper. ISBN 1558744622.
Health Communications

In the pages of his new book, *Stand Like Mountain, Flow Like Water*, Brian Luke Seaward focuses on one of the fundamental keys to life — balance. Seaward's deep understanding — bolstered by the wisdom of ancient sages, contemporary mystics and scientists — helps us to harmonize our mind, body, and spirit during our journey from the tumultuous sea of stress to the



unfaltering rock of our spirituality. Using the path as metaphor, Seaward tells us that reaching the mountain's summit is akin to realizing our own divine connection. To reach our destination, we need to maneuver around the obstacles of fear, anger, greed, laziness, guilt, and worry we set in our way, and rely on our birthrights and our inner resources to guide us.

Throughout *Stand Like Mountain, Flow Like Water* there are simple exercises to help you identify your stressors, establish and/or maintain sacred rituals in your life, live your joy and get in touch with your true Self. — DL

An inspirational guide that shows the direct relationship between stress and ego, and relaxation and spiritual well-being. Dr. Seaward's book is a "remembering" of spiritual resources that ignites creative action.

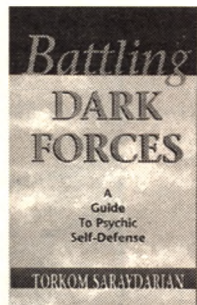
— Angeles Arrien,
author of *The Fourfold Way*

Eastern Traditions

Battling Dark Forces

A Guide to Psychic Self-Defense
By Torkom Saraydarian
\$18.95. 428 pp. paper. ISBN 0965620328.
New Vision Publishing

Most of us have a platonic sense about life (its beauty and wholesomeness) and naively see its destructive aspects of conflict, hunger, and physical mayhem as elements that can be ameliorated by rational analysis. But Torkom Saraydarian cautions us that all is not what it seems and that while rationality has its place, often the source of problems are hidden malignant forces. If you examine your life, he says,



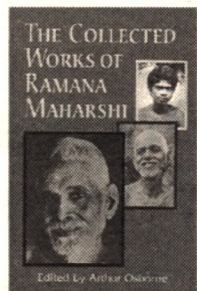
you can see how you are a victim or an agent for them by encouraging evil which originates in the subconscious mind or mechanical reactions. He maintains that the elimination of evil means the overcoming of your personality and entering into the

Transpersonal Self. In that consciousness you will be able to distinguish between good and evil. Through this book you are instructed on who the dark forces are, where they come from, and what purpose they serve. With the help of detailed lists illustrating Saraydarian's philosophical rendering, you do not have to guess what the author means about material and spiritual evil and its combat through Beauty, Goodness, Righteousness, Joy, and Freedom. You learn about solar and lunar bodies and about cosmic forces and beings. Further, the text's meaning is enhanced with poignant quotations and thoughts from classical spiritual literature such as the *Bhagavad Gita* and the works of Alice A. Bailey. The last chapters of the book discuss liberation and protection from evil through specific practices such as meditation, music and food. All is thoroughly discussed and illustrated, often using the format of questions and answers. By the time you read the last page, you clearly understand how to gain victory over the forces of evil and become a true server of light. Contains an index, bibliographic reference, and a complete booklist of other books by Torkom Saraydarian. — SM

Collected Works

of Ramana Maharshi
Edited by Arthur Osborne
\$12.95. 192 pp. paper. ISBN 0877289077.
Weiser

Sri Ramana Maharshi was one of the most remarkable spiritual teachers and realized beings of this century. His spiritual career began dramatically at the age of 17, when, without any training in philosophy or spirituality, and for no apparent reason, he suddenly experienced an overwhelming fear of death. So he asked himself: If the body dies, am I really dead? This question led him



to the realization, that he was "spirit transcending the body," meaning "The body dies but the spirit that transcends it cannot be

touched by death." Ramana Maharshi had, spontaneously, experienced spiritual awakening, or Self-realization, and his experience was so powerful that he never returned to an ordinary state of consciousness even though, ordinarily, this degree of liberation occurs only after many years of diligent effort. A few weeks later, feeling a magnetic attraction, Ramana Maharshi traveled to Arunachala, one of India's holy places, where he remained for the rest of his life. For fifty years thereafter, he taught the path of "Self-enquiry" to disciples from around the world. Throughout his career, his teaching never changed. In the words of editor Arthur Osborne, Ramana Maharshi taught "the ultimate doctrine of Non-duality or Advaita in which all other doctrines are finally absorbed: that Being is One and is manifested in the universe and in all creatures without ever changing from its eternal, unmanifest Self . . ." This book contains two of Ramana Maharshi's earliest works on the path of Self-inquiry that leads to a state of subtle illumination beyond the ego. His spiritual maturity shines through these teachings, which explain the methods of Self-inquiry and the goal of Self-realization. The book also contains quintessential instructions on Self-inquiry in verse form and devotional hymns, as well as translations and adaptations from the *Bhagavad Gita* and the writings of Shankara. Ramana Maharshi taught the classic path of Self-inquiry in a way that suits the modern world, since it can be practiced comfortably within an active life. — JC

Dancing with Siva

Hinduism's Contemporary Catechism
By Satguru Sivaya Subramuniyaswami
\$24.95. 968 pp. paper. ISBN 0945497970.
Himalayan Academy

Of all texts available, this is the most comprehensive and sensitive introduction to Hinduism. This living spiritual tradition is undergoing a great revival today, not only in India, but in the Western world where hundreds of thousands practice yoga, meditation, and non-violence, and believe in karma and reincarnation. Long time practitioners and students of Hinduism may already know this encyclopedic, yet accessible sourcebook, since it was first published in 1979. This is the fifth edition. It explains over one hundred and fifty points of Hindu history, doctrine, ritual and practice, supplemented by verses of scripture, extensive illustrations, a Hindu timeline, a children's primer, and charts. In the end, both for non-Hindus and devotees, *Dancing*



with Siva masterfully answers all the great questions, including, what are life's ultimate goals? And how are these achieved? Satguru Sivaya Subramuniyaswami has been immersed in the Hindu renaissance for half a century and has been named by New Delhi's World Religious Parliament as a Jagadacharya, or world teacher. — CD

Only by a tranquil mind does one destroy all action, good or bad. Once the self is pacified, one abides in the Self and attains everlasting bliss. If the mind becomes as firmly established in Brahman as it is usually attached to the sense objects, who, then, will not be released from bondage? — Yajur Veda

It's Here Now (Are You?)

A Spiritual Memoir
By Bhagavan Das
\$22.22. 312 pp. cloth. ISBN 0767900081.
Broadway Books

Leaving California at age 18 with \$40 and a guitar, Michael Riggs traveled to India, searching for something more than "the American Dream." Once there, he studied with several teachers and lived the austere life of a yogi, eventually falling under the loving blanket of Neem Karoli Baba, who renamed him Bhagavan Das, or "servant of God."

For seven years Das moved through the subcontinent, from Bombay to Madras, Kashmir to Darjeeling, fully embracing Hinduism and all its practices, worshipping the Divine Mother, and studying Buddhism, transcendental meditation, and tantra. In Nepal he met and became the teacher of

EDITOR'S CHOICE



Richard Alpert, the Harvard professor, LSD experimenter, and expatriate whom Neem Karoli Baba would rename Ram Dass.

After the publication of the best-selling classic *Be Here Now*, in which Alpert described their experiences together,

Bhagavan Das arrived back in the U.S. to find he was a celebrity. Traveling on the guru circuit — where he forged a number of influential and lasting relationships with other seekers such as Allen Ginsberg, Alan Watts, and Chogyam Trungpa — Bhagavan Das lived more like a rock star than the saint he was proclaimed to be. He spoke and sang in front of groups of thousands, had sex with spiritual groupies, did drugs, and witnessed the hypocrisy of his path and that of his peers.

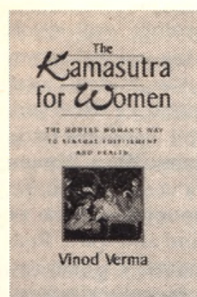
His disillusionment continued to grow; meanwhile, he felt an intense pressure to earn a more traditional living for his wife and children, and he struggled for years to integrate his Eastern mysticism with Western spirituality. In compelling detail, Das explores the myriad forces that led him to study the peyote culture of the American Indians with Little Joe Gomez, fall under the influence of Joya, become a born-again Christian, follow Ammachi Ma, and eventually, after hitting rock bottom, find a way to reconcile both worlds.

It's Here Now (Are You?) is the story of a spiritual awakening in the East, a fall from grace in the West, and a peaceful reconciliation with the sacred center. It is a vivid memoir of the search for higher purpose amidst temptation and the pressures of contemporary life. It is also the love story of the spiritual marriage between Bhagavan Das and his guru, Neem Karoli Baba. With his unique historical perspective, wisdom, and insight, Bhagavan Das sheds light on today's belief systems and how a new spirituality has developed in this country. — DL

The Kama Sutra for Women

The Modern Woman's Way to Sensual Fulfillment and Health
By Vinod Verma
\$22.00. 253 pp. cloth. ISBN 1568361416.
Kodansha International

This version of the Kama Sutra is less about sexual ecstasy and more about the personhood of women. Carefully deciphered from the ancient text are methods to achieve wholeness of body, mind



and spirit which consequently lead to a fuller sensuality. Verma presents an appreciative and dignified view of the female body in all phases of life and change from menstruation to menopause. The book looks at sexuality from a woman's viewpoint and shows how to integrate a healthy sexuality into our lives — instead of treating it as a dissociated fragment. Much of the actual text, literally translated, seems obvious and perhaps overstated at first blush. But it is Verma's warm and thorough interpretation that makes this work truly valuable. Also included are yoga exercises for flexibility, rejuvenation and longevity and various holistic approaches to ailments common to women. — GL

Verma Vinod's other books are: *Ayurveda for Life: Nutrition, Sexual Energy and Healing* (\$14.95 paper ISBN 1578630096) and *Ayurveda: A Way of Life* (\$14.95 paper ISBN 0877288224)

Silence of the Heart

Satsang
By Robert Adams
\$20.00. 228 pp. paper. ISBN 9990249768.
Adams

This book was compiled at Robert Adams's request, and published after he died peacefully in March 1997. It includes exact transcripts of the words he spoke during satsang from 1991 to 1993. However, these are not words to be memorized and understood. According to Ananda Devi's introduction, this is *Jnani* simply sharing his experience with us in the most



compassionate manner. "This is your own Self, revealing to you the Truth of your Self from within your own Heart." Robert Adams had a complete enlightenment experience when he was only fourteen years old.

Two years later, he left his home town of New York City to stay with Paramahansa Yogananda, who treated him as a close disciple and a friend. Later, Yogananda sent him to stay with Ramana Maharishi, who had a similar, spontaneous enlightenment experience at a young age. Throughout his life, wherever Adams traveled, a group of disciples always grew up around him. But Sri Bhagavan (Adams) always resisted being tied down to an Ashram or community. He preferred remaining alone, in Silence. According to Sri Ramana Maharishi, he was silence, and love, and being. Certainly, the words in this book attest to his brilliance. — CD

*Everyone here is Absolute Reality.
Pure Awareness.
This is your real nature.
Right now, not some time in the future.
Not when you get enlightened.
Not when you search for the answers.
But right this minute. This is what you are.*

*Why will you not accept it?
When you think about yourself, do you think
you're a puny human
that has to struggle for existence and fight for
survival?
As long as you believe this, that's the way*

*it's going to be for you.
But as soon as you accept the truth
about yourself,
that you are a delight,
Divine Sat-Chit-Ananda,
You will be free.
You simply have to accept this.*

*There are not rituals you have to go through.
There are no prayers you have to chant.
You simply have to awaken
to your true nature,
Pure Awareness,
Nirvana,
Bliss,
Consciousness,
This is what you are right at this moment.*

Tantric Quest

An Encounter with Absolute Love
By Daniel Odier
\$12.95. 184pp. paper. ISBN 0892816201.
Inner Traditions

Tantrism is a way of total love, which brings us into the freedom to be. Through this story of his experiences and study with a great yogini, Daniel Odier invites us to



share his fascinating encounter with Shivaic Tantrism. Needless to say, the widespread image that reduces Tantrism to vague sexual techniques designed as spirituality, and meant to miraculously liberate practitioners, has nothing to do with Shivaism. True tantric awareness depends on the triple mastery of the breath, mental emptiness, and bodily processes, under the aegis of The Great Goddess. Tantrism repudiates all separation between light and darkness, gods and humans, and other illusory obscurities from which the ego arises. It is *non-dualistic* at its core, and considers the mind to be fundamentally illuminated. In this intimate personal account of Odier's mystical journey under the careful tutelage of his master, the beautiful Devi, he transcends

the limits of sexual experience, weathers the threat of complete destruction, and learns what it is to be truly alive in the knowledge of the divine nature of absolute love. — TLKS

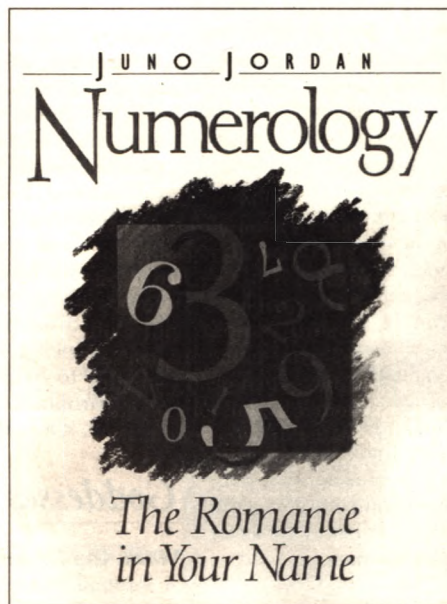
Daniel Odier is also the author of *Nirvana Tao: The Secret Meditation Techniques of the Taoist* (\$12.95 paper ISBN 0892810459)

The Tao of Contemplation

By Jasmin Lee Cori
\$6.95. 127 pp. paper. ISBN 1889245046.
Golden Reed

The Tao of Contemplation is a book that pierces right to the heart of spiritual transformation. It is a guidebook not just for what has been narrowly defined as contemplation, but for living a more harmonious and balanced life. Practical exercises throughout the book make it a course in itself. Topics covered include: "Contemplation — The Natural Way," "Clearing the Space," "Dropping into Silence," "Open Presence," "Letting Go," "Self Dis-

What's Your Number?

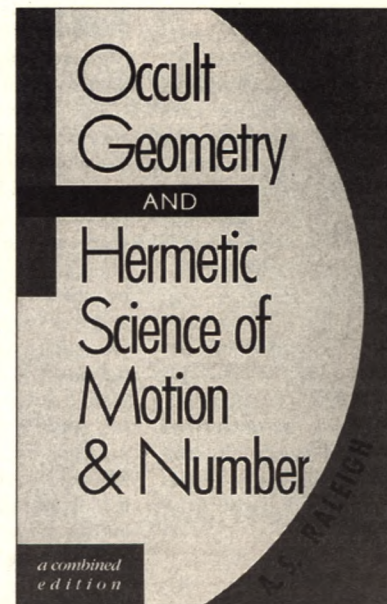


NUMEROLOGY

The Romance in Your Name
Juno Jordan

\$16.95 Paperback 087516-227-4

Everything is named and numbered. Houses, streets, telephones, birthdays; contracts and statistics are written and tabulated in figures and numbers. In the same way, names are numbered in correspondence to each letter's position and through Juno Jordan's classic book you can analyze a person's character to understand their blueprint for opportunities and what they were born to accomplish.



OCCULT GEOMETRY AND HERMETIC SCIENCE OF MOTION & NUMBER

A.S. Raleigh

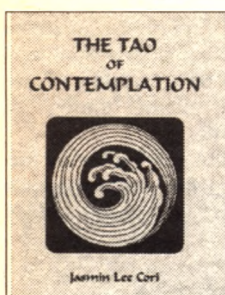
\$11.95 Paperback 087516-639-3

Based on a course of private lessons, Dr. A.S. Raleigh interprets and explains symbols, nature's universal language, in geometric terms as they relate to our human connection to the universe.



DeVors
Publications

ESP TO JOEL S. GOLDSMITH



solves," "Moving with the Tao," "The Middle Way," and "Riches in the Night."

Written in a simple, lucid style, *The Tao of Contemplation* explains what the wisdom traditions and mystics have been

saying for centuries about immediate, direct encounter with the deepest nature of reality. It matters little what you call it: God, True Nature, the Tao. It is forever calling us, each by our own name. In this maverick approach to contemplative life, Jasmin Lee Cori encourages us to drop what is imposed and find the way most natural to us. — DL

*Silence falls softly
like snow through the night
stilling all activity
bringing a purity beyond belief,
the mind finding no purchase
in this passage to eternity.*

—from "Dropping into Silence"
in *The Tao of Contemplation*

ESP

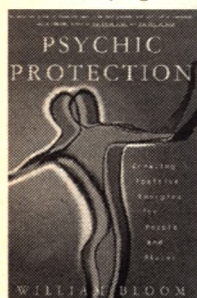
Psychic Protection

Creating Positive Energies for People and Places

By William Bloom

\$10.00. 155 pp. paper. ISBN 0684835193. Simon and Schuster

Combining aspects of psychology, shamanism, metaphysics and paganism, Bloom has compiled a most concise manual for staying centered and grounded in



almost any circumstance. Whether it's the shadows within or the "psychic vampires" without, this book offers a number of ways to diffuse negative energies and protect oneself from invasive personalities. Learn how to anchor yourself

amidst the chaos and maintain a healthy mindset in any environment. Bloom, who has a Ph.D. in Psychology, has been conducting workshops on psychic protection for more than 20 years. His non-denominational advice provides a handy, quick-reference for a variety of otherwise troubling situations. — GL

Soul Surfing

Tune in Your Power to Live the Movie of Your Life

By Dawnea Adams

\$21.95. 243 pp. cloth ISBN 0385319339. Delacorte

Imagine creating the future you were truly born to realize, free of negative conditioning. Dawnea Adams intends to get you there using a process called "phasing" which draws on the process of real-life film production as a model for honing your own creative powers. Adams is a renowned telepath with a large clientele in the movie industry. Realizing the power of cinema as a visualizing tool, she

guides us through the process of pulling all our "parts" together to manifest the final film in which we play the star role. She covers how to conquer our demons, what to do when love comes to town and how to ease ourselves over all the bumps on the path to ultimate satisfaction. Adams is a vibrant, charismatic speaker and author with personality to spare. She provides us with case histories to illustrate her techniques and to bolster her claim that we should "prepare for a miracle." Overall, this book is a novel, "hip" approach to creative visualization that has as its backbone the powerful and familiar medium of modern filmmaking. — GL

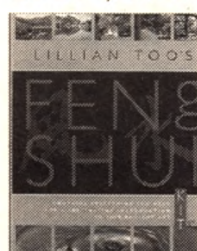
Feng Shui

Lillian Too's Feng Shui Kit

By Lillian Too

\$29.95. ISBN 1862041504. Element

Lillian Too's Feng Shui Kit is a fascinating introduction to the ancient art of Feng Shui, the practice of living in harmony with the earth's environment and energy lines to bring about a balance with the forces of nature. Feng Shui means "wind and water" and literally refers to the topography of the earth; its mountains, valleys and waterways and the shapes, sizes, orientation and levels created by the interaction of these very



powerful natural forces. Ms. Too's extensive knowledge is beautifully presented in this kit which includes: A book *Feng Shui Fundamentals: Eight Easy Lessons*, Chinese coins activated with red ribbon to

bring good fortune, a hanging *Pa Kua* pendant to bring good luck to your home and family, a Feng Shui ruler to enable you to choose between auspicious and inauspicious dimensions, a pocket compass vital for successful Feng Shui, floor plans and pencil to help you design your own living space, and prints of the celestial animals to energize *chi*. The book is easy to read, and beautifully illustrated, and Too's simple tips and instructions can be put into effect immediately in your home or workplace. She is an M.B.A. graduate of the Harvard Business School of Boston, U.S.A., and became the first woman in Asia to head a publicly listed company. She lives in Malaysia where she now runs her own publishing and investment company and is the author of eight additional titles in the series entitled *Feng Shui Fundamentals*. — CHP

Feng Shui Fundamentals

Wealth

By Lillian Too

\$7.95. 58 pp. cloth. ISBN 1862041180. Element

Did you know that a laughing Buddha is believed to bring "wealth luck" into the home? Or that the pineapple fruit indicates good luck is coming? And a potted jade plant, given as a gift, wishes the recipient great prosperity? Feng Shui practitioners believe these things and more. This ancient Chinese art is believed to promote health, wealth and happiness by harnessing the positive energy, or "chi,"



in your environment. Just by arranging your home or business according to these ancient principles, you can encourage good luck as well as protect yourself from bad luck. This easy to read little book is full of colorful and instructive illustrations, and offers simple guidelines that make Feng Shui's principles easy to put in to effect. Ms. Too's extensive knowledge of her subject matter and straightforward, lively writing style makes *Wealth* a delightful introduction into the world of Feng Shui. — CHP

Other books in this *Feng Shui Fundamentals* series are (all \$7.95, small cloth editions): *Children* (ISBN 1862041237); *Education* (ISBN 1862041202); *Fame* (ISBN 1862041210); *Health* (ISBN 1862041172); *Love* (ISBN 1862041164); *Networking* (ISBN 1862041229); and *Careers* (ISBN 1862041199).

Practical Feng Shui

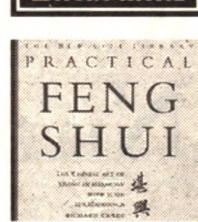
The Chinese Art of Living in Harmony with Your Surroundings

By Richard Craze

\$9.95. 64 pp. cloth. ISBN 1859675107. Lorenz Books

Though the art of Feng Shui was introduced to the West over one hundred years ago, and countless books have been published on the subject, few of us grasp comprehensively Feng Shui's basic principles. *Practical Feng Shui* is useful because its sole agenda is to present the absolute basics of Feng Shui philosophy, so that even complete beginners can understand it. After reading this small book, you will be able to conduct a full survey of your office, home or garden and make some luck-enhancing changes. Richard Craze explains how simply moving your furniture, adding flowering plants to your room, discarding unnecessary clutter or hanging wind chimes in your hall can improve your health, wealth, love life and good fortune. Along with 150 photographs, ground plans and illustrations, the book includes many simple, practical examples to help you get the best from your environment. At last, a Feng Shui text so simple, it actually makes sense. — CD

EDITOR'S CHOICE



Goddesses

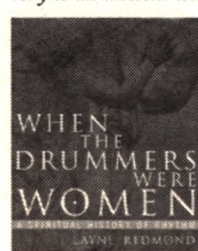
When the Drummers Were Women

A Spiritual History of Rhythm

By Layne Redmond

\$18.00. 224 pp. paper. ISBN 0609801287. Three Rivers Press

Many women believe that locked in that history is an ancient wisdom transmitted by long-



vanished sages and benevolent deities that may speak to the problems of contemporary life, such as how to live individually with a sense of spiritual connectedness and belonging each day, and, most important, how to live with one another and share a sense of community and purpose. — Layne Redmond

Layne Redmond is an acknowledged expert on the ancient history of women in music, and here chronicles the story of women as drummers and leaders of ritual.

Using an extensive collection of images from temples, wall paintings, wall reliefs and vases gathered during more than ten years of research in the Mideast and Europe, she offers a captivating visual confirmation of the power of a goddess tradition. *When the Drummers Were Women* also brings together current scientific research into the harmonious effects of rhythm on the body, mind and spirit. Redmond demonstrates that women today can reclaim drumming as a sacred technology that celebrates the unifying cycles of the earth, cosmos, and human body.

She started out with conga lessons until she was introduced to the frame drum, which changed her life completely. We follow her explorations through pre-Christian images into an earlier, incredibly fertile culture where women were drummers and ritual makers. Later, women drummers were silenced by the advent of Christianity. This book will nourish the spiritual hunger of any person drawn to drumming and especially any woman driven by a her own special calling. — RZM

I devoured this book with a spiritual hunger that astonished me, hunger for roots that go all the way back . . . Erased but not eradicated, Layne Redmond offers us proof that rhythm is our mother tongue. She has undertaken a shamanic journey for all of us to recover our spiritual heritage and call the beat back into our tribal hearts. — Gabrielle Roth, author of *Maps to Ecstasy*

Other works by Layne Redmond are: *Being in Rhythm: A Walking & Breathing Meditation* with T. Brunjes (\$15.98 CD ISBN 3418809272 & \$9.98 cassette ISBN 3418809274); *Since the Beginning* with The Mob of Angels (\$15.98 CD ISBN 9990163758 & \$9.98 cassette ISBN 9990171211); and *The Sense of Time: Explorations of the Tambourine, Rig and Frame Drum* (\$24.95 video cassette ISBN 2915601109).

Joel S. Goldsmith

Joel S. Goldsmith (1892-1964) is one of America's great Christian Mystics. He started out as a Christian Science practitioner. Then, in the mid 1940's, he experienced an inner awakening, left the organization, and began teaching a method of divine awareness and transcendental life which he called *The Infinite Way*. Through the years, he continued to develop these spiritual principles, giving specific instructions on how to "live and move and have your being" in this state of consciousness. Through his books, he lays out a living way of meditation, spiritual healing, effective prayer and true abundance — a life of connectedness to the source. Goldsmith stated that the truth he expressed is the same that has been passed down by saints and seers throughout the ages and it can be found within every individual. He felt that the essence of all his teachings is contained in three books: *The Art of Meditation, Practicing the Presence and Living the Infinite Way*. However, his other books are valuable in that they amplify his philosophy through specific instructions and practice. Many of his books are currently available and recently, new cloth editions have also been published (I-Level, Acropolis Books).

Some of the many important books of Joel S. Goldsmith are: *The Art of Meditation* (\$10.00 paper ISBN 0062503790); *Practicing the Presence* (\$12.00 paper ISBN 188905111X & \$15.95 cloth ISBN

I CHING

188905111X); *Living The Infinite Way* (\$12.00 paper ISBN 0062503170); *The Infinite Way* (\$8.95 paper ISBN 0875163092); *Parenthesis In Eternity* (\$18.00 paper ISBN 0060632313); *Awakening Mystical Consciousness* (\$18.95 cloth ISBN 1889051063); *The Art of Spiritual Healing* (\$11.00 paper ISBN 0062503642); and *The Altitude of Prayer* (\$15.95 cloth ISBN 1889051012).

Awakening Mystical Consciousness

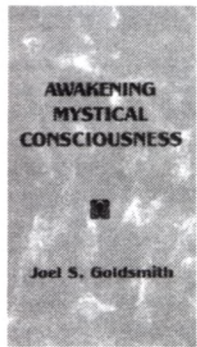
By Joel S. Goldsmith

\$18.95. 208 pp. cloth. ISBN 1889051063. I-Level (Acropolis)

To know the nature of spiritual power, we must practice it. Talking about water will not quench thirst; we must drink it.

— Joel S. Goldsmith

This book provides essential principles to enable readers to cope with the personal, communal, national, and international problems that beset us on all sides. It deals in a practical way with living the spiritual



life in a material world. Blending profundity of thought with a refreshing simplicity of approach, Joel Goldsmith shows readers how to approach most effectively such concerns as physical well-being, human interrelationships, and problems of lack and limitation. Special

emphasis is placed on attaining a consciousness of spiritual power that frees one from fears that engulf the whole world: Fear of disease, of economic disaster, or war—that is, fear for the survival of civilization. Goldsmith provides the means to overcome negative impulses in the self and negative forces in the external world by tapping into our innate spiritual power. *Awakening Mystical Consciousness* shows how to apply the discipline of the Infinite Way that in turn reveals the healing presence of the Holy Spirit — the experience which is the key to mystical consciousness. From this enlightenment comes the opportunity to open ourselves to the spiritual power that can bring in its wake personal wholeness and world stability. Joel S. Goldsmith (1892-1964), a monumental teacher of practical mysticism, devoted most of his life to the discovery and teaching of spiritual principles, which he called the Infinite Way.

Practicing the Presence

By Joel S. Goldsmith

\$15.95. 143 pp. cloth. ISBN 188905111X. I-Level (Acropolis)

\$12.00. paper. ISBN 0062503995.

HarperCollins

The secret of meditation is silence: no repetitions, no affirmations, no denials — just the acknowledgment of God's allness, and then the deep, deep silence which announces God's presence. — Joel S. Goldsmith

This book is Goldsmith's celebrated guide to the awareness of the divine and transcendental in our daily lives. Considered as one of the best introductions to the *Infinite Way*, this book allows the student to gently work with Goldsmith in the realization of his or her true identity. Quiet guided meditations are accompanied by the profound light and depth associated with his teaching. The student is then gradually lifted into that wonderful state of consciousness that is beyond words and thoughts.

Every person who has known dissatisfac-

tion, incompleteness, and frustration will some day learn that there is only one missing link in this entire chain of harmonious living. That is the practice of the presence of God — consciously, daily and hourly, abiding in some great spiritual truth of scripture, and it makes no difference which scripture: Christian, Hebrew, Hindu, Buddhist, Taoist, or Moslem. — Joel S. Goldsmith

I Ching

The Everyday I Ching

By Sarah Dening

\$11.95. 211 pp. paper. ISBN 0312151225. St. Martin's

The *I Ching*, or "Book of Changes," originated in China and dates back to at least 3000 BC. First transmitted orally, it is believed to have been transcribed in 1123 BC by King Wen and his son, the Duke of Chou. Later, the great sage Confucius added his own commentaries.

What is the *I Ching*? It is one of the oldest and most widely used divination systems ever devised. Since ancient times it has provided its readers with insight into their lives as well as guidance for the future. It is, quite simply, a guide to the best way of dealing with any particular situation in life. Based on the principle that everything constantly changes, it teaches us how and when and where to act.

Utilizing the knowledge gained from many years of using the *I Ching* in her practice, psychotherapist Sarah Dening provides, with this translation, a valuable resource for help with life's extraordinary passages as well as for daily consultation, just as one would approach a trusted friend. She details how to use and read the hexagrams and shows how to relate the ancient wisdom of the *I Ching's* hexagrams to the trials and tribulations of everyday modern life. *The Everyday I Ching* fulfills a long-standing need for a clear, focused rendering of the *I Ching* in a way that makes the timeless wisdom of the "Book of Changes" accessible to everyone. — DL

I Ching

A Spiritual Guide

By Frits Blok

\$24.95. 144 pp. paper. ISBN 1556705905. Stewart, Tabori & Chang

The *I Ching* is the ancient Chinese system of divination based on a legendary, perfect symbolic and mathematical structure. It consists of sixty-four hexagrams that are composed of six undivided or divided lines. The hexagrams represent situations that have occurred again and again since the beginning of creation and that continue to manifest in our lives today. It has been used by millions of people seeking guidance and answers to their most pressing questions. Contained within its own elegant box, this beautiful edition explains exactly how to use the *I Ching* and the set of six oracle sticks invented by the author. If the oracle



is consulted on a regular basis, one's understanding of its complex symbolic structure will gradually deepen, giving the reader the same clear insight possessed by the illuminated rulers who composed the system. — CHP

I Ching Coins with Silk Pouch

\$5.50. 3 coins & pouch.

ISBN 9990166862. Light Stones

These authentic Chinese temple



coins include a small silk pouch from China. Traditionally, the I Ching coin method uses three Chinese coins. One side of each coin is blank

(the Yang side) and the other is marked (the Yin side). However, any three coins are satisfactory as long as they are the same size and do not have the same design on both sides. Your psychological preparation and attitude are more important than the particular coins you use.

Consulting the I Ching Oracle using coins: When casting the coins, the blank side, or Heads = 3 and is called Yang. The other side, Tails = 2 and is called Yin. Concentrate on your inquiry to the I Ching. Then, cast the three coins six times. Each toss establishes one line of the I Ching hexagram, building it from the bottom up. The possible numerical outcome for each toss of the three coins is 6, 7, 8 or 9. The "6" is called Yin with changing lines. The "7" is called Yang. The "8" is called Yin. The "9" is called Yang with changing lines. The odd numbers are represented by a straight line and the even numbers by a broken line. Once you have determined your hexagram, consult your I Ching book

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James Asher TIGERS OF THE RAJ

TIGERS OF THE RAJ
James Asher

The colour, splendor and epic sense of adventure of the palaces of Rajasthan inspired these rhythmic compositions. 'Tigers of the Raj' is a worthy successor of James Asher's hit album 'Feet in the Soil'.

CELTIC RAGAS
Chinmaya Dunster & Vidroha Jamie

CELTIC RAGAS
Chinmaya Dunster & Vidroha Jamie

'Celtic Ragas' is a musical love affair between Celtic melodies and Indian instrumentation. The main instruments used on this album are sarod and acoustic guitar.

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INNER HEALING

for the reading. If there are changing lines, take that into account as well. Bonne chance.

Hexagram 15:

When entangled in a conflict it is wise to remain so clear headed and strong that you are always ready to come to terms with your opponent by meeting him halfway.

Inner Healing

Be Careful What You Pray For . . . You Just Might Get It

What We Can Do About the Unintentional Effects of Our Thoughts, Prayers, and Wishes
By Larry Dossey, M.D.

\$22.00. 259 pp. cloth. ISBN 0062514334.
HarperSanFrancisco

With penetrating insight and meticulous research, Dr. Dossey reveals the power of prayer to harm as well as to help. This book will forever change how you think and what you pray for. — Joan Borysenko, Ph.D., author of *Minding the Body, Mending the Mind*

Larry Dossey, author of *Healing Words, Space, Time and Medicine, and Prayer is Good Medicine*, now tackles the dark side of prayer. He argues that if prayer is powerful, then it must contain the power to harm as well as to heal. The dark side of prayer includes negative prayers, death prayers, hex-

es, curses, negative thoughts, or sometimes the unintended and unexpected results of praying for an outcome which displaces negativity onto another person or being. *Be Careful What You Pray For* tackles a controversial subject that exists at the inter-

section of religious belief, medical practice, and shamanism, using anecdotes, research, and stories drawn from Dossey's own medical practice. Dr. Dossey also shows that negative prayer exists in Christianity in the "curses" that appear in the Bible. Christian prayer, he says, uses fear first to damn and curse, and then to call the sinner up to a better way, just as the evil eye in the Jewish tradition creates a similar atmosphere of fear. Dossey leads us through well documented stories of superstitious beliefs, voodoo, and hexes that demonstrate the incredible power of belief. He also shows us the impact of doctors' and healers' words to their patients at crucial moments, during operations or while the patient is unconscious. In addition, Dossey offers the theory of non-local mind, or how one can be affected from a distance, and the topics of immunity and psychic protection.

This book will make you reconsider the power of your own thoughts. When another driver in traffic cuts you off, perhaps you will remember the idea of negative prayer, and refrain from cursing. As Dossey explains, we are responsible for all of our thoughts, and the benefit or harm they create. — RZM

Other selected books by Larry Dossey are: *Prayer Is Good Medicine: How to Reap the Healing Benefits of Prayer* (\$12.00 paper ISBN 0062514245); *Healing Words: The Power of Prayer* (\$6.50 paper ISBN 0061043834); *Recovering the Soul: A Scientific & Spiritual Search* (\$13.95 paper ISBN 055334790X, \$9.95 audio cassette ISBN 1561761524 and \$29.95 video cassette ISBN 1561761397) and *The Power of Meditation and Prayer* (\$12.95 paper ISBN 1561704237).

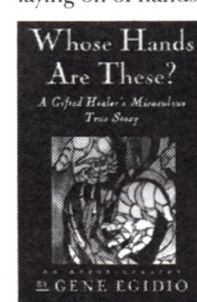
Whose Hands Are These?

A Gifted Healer's Miraculous True Story

By Gene Egidio

\$22.00. 238 pp. cloth. ISBN 0446520454.
Warner Books

Gene Egidio often asked himself, "Whose hands are these?" From childhood on, it was clear that he had unusual gifts. He knew who would die soon, or who was on the phone before anyone answered it. Most of all, he could sense who was sick in the family, and he would cure them by the laying on of hands. *Whose Hands Are These?*



tells the life story of a gifted healer. Gene Egidio recounts his agonizing inner battle over the responsibility and use of his healing gift, and his realization that he had been graced with the ability to benefit mankind.

You will follow him around the world treating people with cancer and AIDS, and hear from thankful victims of trauma and accidents who were healed, including the numerous victims of the Chernobyl nuclear accident. Gene Egidio's remarkable story will touch you with its sincerity and faith, and inspire you to follow Egidio's words: *Keep your hands firmly upon the helm of your thoughts, for you hold the key to your condition.* Gene Egidio maintains two healing centers, in Encinitas and Santa Monica, California. — ICS

While I Am Not Afraid

Secrets of a Man's Heart

By Peter Clothier

\$19.95. 252 pp. Paper. ISBN 1566903548.
Inward Press

While I Am Not Afraid is a nakedly honest and fearless tale about one man's darkest hour. Well into middle age, with a successful career under his belt, author Peter Clothier is confronted with the terrifying truth of his daughter's struggle with anorexia nervosa. This poignant tale recounts his wake-up call. How does a man hold his family together in the face of something that leaves him feeling powerless? What existential questions will he confront when extreme circumstances

push him deep into self-examination? This man has the courage to let us watch as his entire world is shaken loose. It is an inspiring and often wrenching tale of human perseverance and the treasures of a man's heart. — GL

I now know that I was born into this world with a purpose. Not long ago, I would have thought such a notion arrogant or fanciful — at best, simpleminded — but I have come to believe it with absolute conviction.

— Peter Clothier

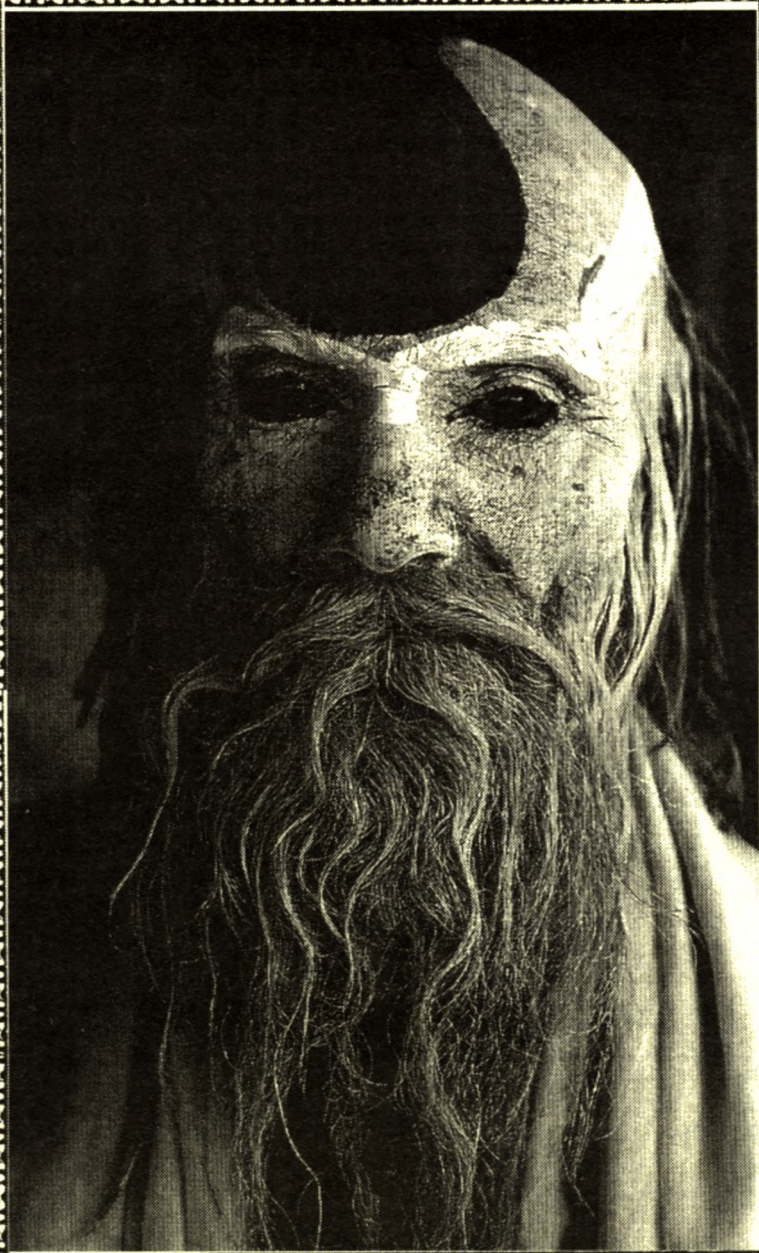
Judaica

Judaic Mysticism

By Dr. Avram Davis and Manuela Dunn Mascetti

\$24.95. 224 pp. cloth. ISBN 0786863293.
Hyperion

The Torah path is so old as to be almost beyond grasping . . . it is a wisdom that has survived every travail, probed every psychology



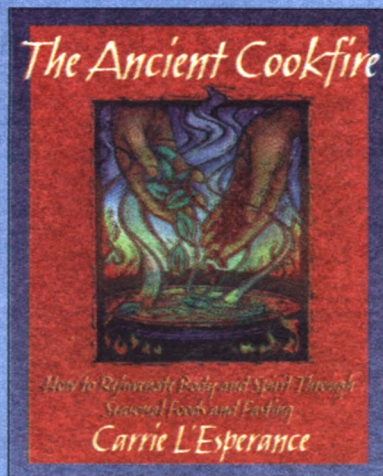
KOAN COLLECTION

Gods & Goddesses	Power of Mythology,	INDIA
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Tapestry	the immortal which	THAILAND
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The Ancient Cookfire

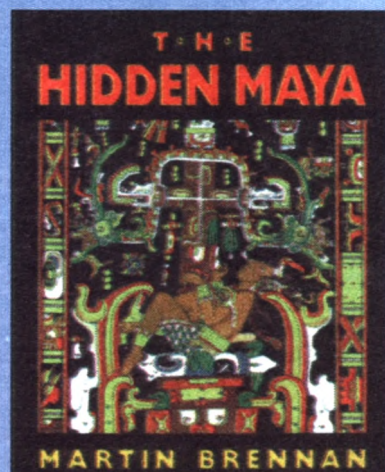
How to Rejuvenate Body and Spirit Through Seasonal Foods and Fasting

Carrie L'Esperance

Carrie L'Esperance offers essential wisdom for attuning one's body to the natural rhythms of the changing seasons. Drawing on an array of time-honored healing systems she helps you integrate these practices into your modern life with hundreds of delicious recipes to delight your palate and strengthen your body. **\$18.00, 7 x 9", ISBN 1-879181-51-7**

MEET THE AUTHOR!!

Carrie L'Esperance will sign copies of her new book at the Bodhi Tree FRIDAY JUNE 12, 7:30-9:00pm



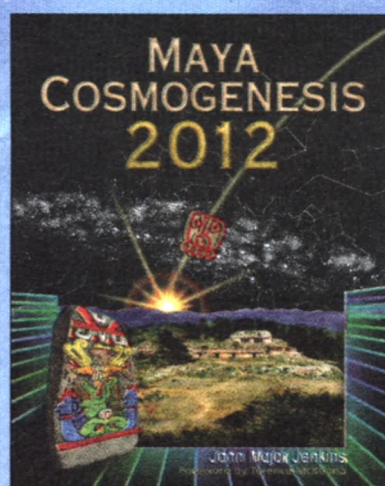
The Hidden Maya

A New Understanding of Maya Glyphs

Martin Brennan

Brennan uses Plains Indian handsigns and other communication symbols to decipher Maya inscriptions revealing hidden messages that have not been understood for hundreds of years.

"Brennan's worldwide studies of ancient petroglyphs have given him insight into the age-old language of symbolism, and in The Hidden Maya he penetrates deeply into the secrets of the Mayan civilization, relics and traditions of which are found also across North America. In dealing with signs and inscriptions of the Maya, he reveals much about the numerically-based science, their astronomy, mythology, and cosmology. He is a rare writer, both willing and able to share the excitement of his remarkable discoveries."—John Michell, author, *The New View Over Atlantis*
\$20.00, 7 x 9", 125 two-color illustrations, ISBN 1-879181-24-X



Maya Cosmogenesis 2012

John Major Jenkins

Foreword by **Terence McKenna**

John Major Jenkins brings to light the mysteries of ancient Mesoamerican cosmology. His findings show that the End Date of the Maya Long Count calendar on December 21, 2012, marks the rare alignment of our solar system with the Galactic Center.

"John Major Jenkins answers the question: why did the Maya choose Winter Solstice, 2012, as the end-date to their thirteen-baktun 'Great Cycle' long count? In the process of reading the account to this fascinating solution to the reason for the famed Mayan end time date, Jenkins takes the reader through a well research psychoarcheological and astronomical excursion of the Mayan mind field of time. Enjoy the ride!"—Dr. José Argüelles, author, *The Mayan Factor*

\$20.00, 7 x 9", 200 illustrations, ISBN 1-879181-48-7



The Violet Forest

Shamanic Journeys in the Amazon

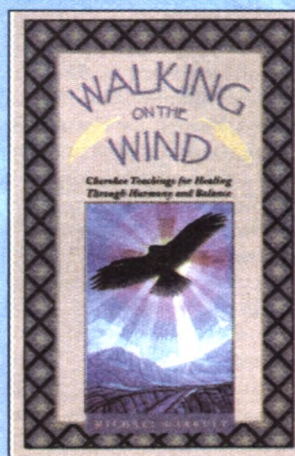
Foster Perry

Renowned spiritual healer Foster Perry takes an extraordinary journey into the Amazon, where he encounters indigenous tribes, shamans, and ayahuasca rituals.

"A fascinating tour of the sacred journeys and ecstatic—yet poignant—life of a modern shaman"

—Jean Houston, author, *A Mythic Life*

\$14.00, 5 1/2 x 8 1/2", ISBN 1-879181-43-6



Walking on the Wind

Cherokee Teachings for Harmony and Balance

Michael Garrett

Using storytelling, Michael Garrett inspires us to discover our own unique Medicine. These traditional Cherokee teachings passed down by Michael's great-grandfather instruct us that all things are connected, have purpose, and are worthy of respect and reverence.

\$14.00, 5 1/2" x 8 1/2", ISBN 1-879181-49-5

Also look for:

Family of Light by Barbara Marciniak
coming in September !!

BEAR & COMPANY
PUBLISHING 

and mask of the soul. It is eminently fitted for today's problems, for it has, in the fullness of time, dealt with every problem.

— Dr. Avram Davis

This book's simple title may lead you to think that it is a dry, scholarly, historical study. But while it sketches the historical roots of Judaism, it is primarily meant to be a source of inspiration "to whet your appetite." In recent years, some Jews have turned to Eastern traditions, such as Buddhism, in order to experience the deep stillness of meditation and the joy of encountering the Absolute. Now, however, many Jews are rediscovering the riches contained within their own tradition, including prayer, dance, song, ritual, and meditation. *Judaic Mysticism* will serve as a wonderful starting point and guide for Jews who want to bring their ancient tradition into the context of their modern lives.

The authors begin by surveying the history and fundamental teachings of Judaism, touching on Judaism's tribal heritage, its emphasis on communal life, and its way of discovering the Divine within our worldly existence. "Life is the most hallowed path to truth," they write, and "In a God-saturated universe, every particle is holy, pulsating with a hope of transcendence from bondage to freedom." The body of the book focuses on the methods and practices that bring mystical vision into daily life. There are blessings for many occasions, prayers, meditations, and guidelines to observing the holy days and fasts of the sacred calendar. Finally, there is a chapter on the teachings of the Kabbalah, whose function is to "open us to the mysteries that exist at the core of Judaism." The book also contains a reading list for further study and a guide to groups and institutions that offer meditation retreats. This is not only a useful and inspiring book but a very beautiful one, which includes color reproductions of many works of art. It is the first book in a series from Hyperion called "The Mystic Library," so we look forward to the sequels. — JC

I believe that meditation will flower in this period and become the crown jewel of the Jewish spiritual crown, for meditation offers the most direct method of contact with the inner essence of our own being and God

— Dr. Avram Davis

The Schocken Book of Jewish Mystical Testimonies

A unique and inspiring collection of accounts by people who have encountered God, from Biblical times to the present

Compiled and with commentary

by Louis Jacobs

\$15.00. 328 pp. paper. ISBN 0805210911. Schocken



The Schocken Book of Jewish Mystical Testimonies brings together the accounts we have by Jewish mystics of their encounters with the divine. The sources collected in this volume — spanning two thousand years and including material from

Europe, North Africa, and the Middle East — include reports of peak religious experiences and visions, examples of ecstatic prayer, and counsel on how to keep company with the divine.

Supplemented with commentary by Louis Jacobs, one of the world's most knowledgeable scholars of Jewish mysticism, these accounts offer an exciting new window on Jewish religious experience and inspiration to spiritual seekers of all persuasions.

Included in *The Schocken Book of Jewish Mystical Testimonies* are "Ezekiel's Vision of the Heavenly Throne," "The Four Who Entered the King's Orchard," "The Prophetic Mysticism of Abraham Abulafia," "The Visions of Rabbi Hayyim Vital," and "The Tract on Ecstasy by Rabbi Dov Baer of Lubavich," as well as sixteen others. — DL

A rich collection of readings in the ancient, hidden Jewish lineage of ascents of the soul.

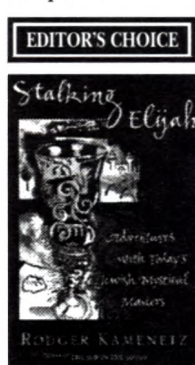
— Daniel Goleman

Stalking Elijah

Adventures with Today's Jewish Mystical Masters

By Rodger Kamenetz

\$22.00. 370 pp. cloth. ISBN 0060642319. HarperSF



In *Stalking Elijah*, Rodger Kamenetz takes us farther along the journey begun in *The Jew in the Lotus*, a dialogue between rabbis and the Dalai Lama, regarding Jewish and Tibetan Buddhist practices. Seeking secrets of Jewish meditation and deep prayer, Kamenetz takes us on a search that discovers the Jewish mystical teachers at the forefront of Jewish renewal in the United States.

Through personal interviews with these teachers, Kamenetz offers the reader what he calls "a true encounter", imparting the human flavor of each teacher's presence, as well as a sample of their teachings. Along the way, the reader finds concepts from the kabbalah, meditation practices, and teaching stories that are enriching and intriguing for the modern day Jew seeking depth within the Judaic tradition.

Kamenetz shares a bit of his own doubt and yearning, his personal "door of pain", opening a window into conflicts and paradoxes that assail the modern day Jew looking within Judaism for contemplative practices similar to those offered by Buddhism.

After the Shema Yisrael, we chanted the Ve-Ahavanta, very slowly syllable by syllable. You shall love the Lord with all your heart, it commands—a strange and extraordinary command. How can you command love? The Hebrew reads literally, "with all your hearts." A midrash explains: love the Lord with your divided heart, with your divided states of soul and mind. Love the Lord even with your doubts and conflicts.

Kamenetz introduces the teaching stories of Rabbi Nachman of Bratzlav, commentary on Torah portions by Rashi, the philosophy of Martin Buber and the Rambam (Maimonides). Modern day rabbis and the communities springing up around them give voice to the integration of tradition and renewal that this book addresses. These voices will ring, long after the book is done. — RZM

In my morning prayers, I recite a list of mitzvot she-ein lahem shi'ur — mitzvot without measure, boundless mitzvot. They can be done as often as we like. They are beautiful practices I try to integrate into my life, guidelines for being a decent person, and for the possibility of holy relations with others. Gemilut hasadim: deeds of loving-kindness. Ha-pe'ah — literally, leaving a corner of the harvest for the poor, but now, direct acts of charity. Talmud Torah: study.

Rodger Kamenetz's highly recommended first book is: *The Jew in the Lotus: A Poet's Rediscovery of Jewish Identity* (\$13.00 paper ISBN 0060645741 & \$17.95 audio cassette ISBN 1574531344).

Kabbalah

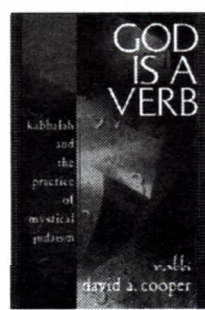
God Is A Verb

Kabbalah and the Practice of Mystical Judaism

By Rabbi David A. Cooper

\$24.95. 333 pp. cloth. ISBN 1573220558. Riverhead Books

God Is A Verb provides a comprehensive overview of kabbalistic insights and answers to the most important questions of life. It includes everything from fascinating interpretations of the story of Adam and Eve to mind-bending meditations on the nature of reality, angelic and demonic realms, and soul journeys after death. Along the way, you hear the voices



and stories of many Hasidic masters of this light-filled tradition. Cooper's goal is to help you use Kabbalah to delve into the mysteries of life and find a way to develop new connections and "heart-openings" into the Divine Source of existence. The book

contains practical exercises to aid you in your study so, by balancing practice with theory, you will begin to integrate kabbalistic method into your life. Soon you will discover that God is a process of awareness in continuous motion, a divine verb. Rabbi David A. Cooper lived and studied mystical Judaism in the Old City of Jerusalem for more than eight years. He is the author of several books on meditation, spiritual retreats, and Jewish mystical practice, and he has recorded the bestselling audiobook series from Sounds True Audio, *The Mystical Kabbalah* (\$49.95 5 cassette set ISBN 1564552869 and \$17.95 2 cassette set (abridged) ISBN 1564553353). — ICS

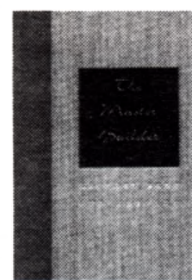
The Master Builder

By Michael Berg & Syd Kessler

\$18.00. 45 pp. cloth (8" x 11"). ISBN 1571890548. Kabbalah Learning Centre

The book is a story within a story. It is a metaphysical adventure with elements of mystery, taking place only slightly in the future but tied to a distant past. In the same genre as the *Celestine Prophecy*, it is a story of a mysterious book, where it came from, where it was hidden and how it emerged. The revelation of this great book is of vital importance and everyone who reads it, since it contains everything, will be transformed.

The story begins in Cracow, Poland, in 1942 with the death of a young rabbi while defending a young boy from the Germans. Then, we read a news report dated



8/19/99 about the death of a famed rabbi, who left his followers with a message about a book, one that according to reports, had been hidden away by the Vatican for many years. Later, these two events are tied

together. Of course,

the Vatican denies any knowledge of this mysterious book called the *Master Builder*, but stories and rumors persist. According to some stories, the book was found in an archeological dig in Israel in 1912 and subsequently stolen, eventually turning up in the Vatican library. Authorities predict that the legal wrangling over the book will take years. Then, an extraordinary event occurs. A Mr. Avery Feldman purchases the book from the Vatican for \$1 billion. He announces that he is going to broadcast the book's contents over the Internet, which creates an uproar in the news media. Why would anyone pay so much for something and yet plan to give it away? Avery Feldman claims the book was written several thousand years ago and says it is too great not to be shared widely. He claims the translation, by two of the world's greatest scholars of Kabbalah, is remarkable. The first section is broadcast and scholars, laypeople, and religious dignitaries discuss its issues. What is "lasting fulfillment" and isn't there a prohibition on the study of Kabbalah within the Jewish community? And so on. In other words, it becomes a typical debate about religious doctrine. Avery broadcasts the subsequent parts of *The Master Builder*, which are in the form of a building project: the architectural model, followed by the blueprint, then a change of nature, the one and only truth, free will and our task, and finally the conclusion. God is the architect of the story and everything is in it. Avery Feldman reveals that he was the young boy saved in Cracow and that his uncle was the rabbi who announced the existence of the *Master Builder*, which started everything. When questioned about the book, Feldman refuses to respond, saying that the answers are all in the text.

Is this revealed book remarkable? Of course. You must read it for yourself. But then again... — SM

Qabalah

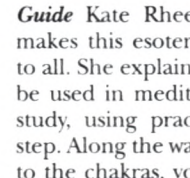
A Beginner's Guide

By Kate Rheeders

\$11.95. 98 pp. paper. ISBN 0340673397.

Headway

The Qabalah is an ancient Jewish system of spiritual knowledge, central to which is the powerful image of the *Tree of Life*. This can be seen as a map of the universe, and as a model of all levels of experience. It links body, personality, soul, and spirit. In *Qabalah: A Beginner's Guide* Kate Rheeders, guided by spirit, makes this esoteric knowledge accessible to all. She explains how the *Tree of Life* can be used in meditation, visualization, and study, using practical exercises at every step. Along the way she links the *Tree of Life* to the chakras, yoga, color therapy, brain



LITERATURE

waves, auras, and crystals. Also explained in this clear and concise primer are the ways we can experience our Guardian Angel, how to interpret a simple Tarot spread, and how to use Gematria (the inner meaning of Hebrew words) and numerology. This beginner's guide is an excellent starting point for studying the Qabalah as a path of exploration and personal growth. — DL



Literature

Fathers, Sons & Golf

Lessons in Honor and Integrity

By Andrew Shanley

\$22.95. 224 pp. cloth. ISBN 0786862459. Hyperion

There has been a recent spate of wonderful books that link the game of golf to metaphysical and spiritual quests. *Fathers, Sons & Golf* is an apparently simple book that that actually contains its share of underlying complexities. It proves to be a stimulating and thought provoking journey into family relationships, teaching, passions, and those elusive and intangible values that make us who we are. While watching a replay of the British Open, the author was dismayed by his son's failure to appreciate the strength of character demonstrated by Hale Irwin when he sacrificed a victory in the tournament by calling a penalty stroke on himself. Then, by teaching the game to his two boys during one memorable summer, Shanley finds the perfect venue for lessons in integrity, honor, and the thoughtful conduct of life. At the seasons end, this father has not only grown closer to his sons, but has come to appreciate more deeply his relationship with his own father and his love for the game of golf. — TLKS

In The House of Night

A Dream Reader

Edited by Christopher Navratil

\$18.95. 226 pp. cloth. ISBN 0811817628. Chronicle Books

I was walking up the drive at home. My wife was on the lawn having tea with some other ladies, they were all wearing white. As I got closer, my wife stood up and smiled and waved and then her expression changed and all the other ladies began to look at each other. I couldn't understand why, then I looked down and saw that I was naked. — Pat Barker from Regeneration

Such is the realm of a dream world. It

can draw you in and suck you down, throw caution to the wind, release inhibitions, exhilarate you, transform, disturb, jolt and frighten you, thrust you naked into a Freudian maelstrom of *erotic wishes* or a Jungian tangle of symbolism. It's all there to experience after the lights go out in the privacy of your own head, in the safety of your own bed. *In The House of Night* is a roller coaster ride through the unconscious minds of scores of literary luminaries. There are excerpts from the journals of Helen Keller, Franz Kafka, John Cheever, Graham Greene, and Virginia Woolf, poetry from Allen Ginsberg, Archibald Macleish, Elizabeth Bishop, John Updike, and Octavio Paz, and the excellent fictional prose of Philip Roth, Pat Barker, Edna O'Brien, Ambrose Bierce, Fyodor Dostoevsky, and Haruki Murakami. *In The House of Night* unlocks the doors to the subconscious, taking us deep inside the blue rooms of the imagination. — CHP

His heart was beating, beating, beating, and suddenly, just as in that earlier dream, the doorbell rang violently three times. And again the sound was so distinct, so real, so unmistakable that it could not be a dream. He screamed and woke up. — Fyodor Dostoevsky from The Eternal Husband

The Kingdom of Shivas Irons

By Michael Murphy

\$27.50. 314 pp. cloth. ISBN 0767900189. Bantam

"Everybody feels a part of what we're feeling, each in their own way, that this flesh is the tenderest part of the soul. But only some can see it." — Shivas Irons

Across the cool links of Burningbush in Scotland, Michael Murphy watches as Shivas Irons, in calm surrender, takes what some consider to be the most difficult hole in golf. It's said that at least one corpse has been found at Burningbush's thirteenth hole. But what Michael witnesses is soul meeting flesh. The moment and the vision evaporates in his memory. Thirty-one years later, Murphy decides to search for the man who added new dimensions to the game of golf. Murphy goes back to Scotland to look for clues to the whereabouts of the philosopher-golf-pro, Shivas Irons, but discovers that no-one has seen him in years. Most people assume Irons is dead, but Michael feels that Irons is still earthbound, and he continues his search based on his own hunches. Murphy joins forces with a skeptical physicist, Buck Hannigan, who is also fascinated by the mystical Shivas Irons, and the two determined men discover much about themselves as they search for the elusive golfing mentor. This elegant and ethereal adventure is the sequel to Murphy's much loved *Golf in the Kingdom*. *The Kingdom of Shivas Irons* takes you from the otherworldly golf courses of Scotland, to the first Russian Open Golf Championship, and finally to Pebble Beach on the California coast, revealing deep truths about the game of golf and humankind's remarkable capacities. Michael Murphy helped to found the Esalen Institute in 1962. — ICS

The seminal books of Michael Murphy are: *The Future of the Body: Explorations into the Further Evolution of Human Nature*

How to Live Large on a Small Planet by Solara



• how to be real in an unreal world •

It's time to anchor our vastness into our physical bodies & become Vibrantly Alive! Solara's newest book is full of wild insights, sparkling humor & practical tools for getting Real & loving with our full Beings. and embodying Oneness.

by the author of: "11:11" & "The Star-Borne"

Explore our vast website!
<http://www.nvisible.com>

Be Real no matter what!



Samuel Weiser



The Ecstasy of Enlightenment



The Ecstasy of Enlightenment Teachings of Natural Tantra

Translated from the Old Bengali With Commentary

Thomas Cleary unlocks the mysteries of the Carya-Giti, a collection of teachings by more than twenty famous Siddhas. Includes a subtle and dignified treatment of sensuality in a Tantric context. Paper • 1-57863-027-4 • \$12.95 • 232 pp.

Sophia

Aspects of the Divine Feminine — Past and Present

Dr. Susanne Schaup shows Sophia to be a universal figure, representing wisdom, motherhood, and sexuality. Written especially for Christians who are interested in expanding their quest for spiritual wholeness in today's world of the goddess. Paper • 0-89254-036-2 • \$18.95 • 264 pp.



Sophia—Maria



Sophia—Maria

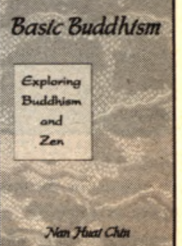
A Holistic Vision of Creation

Father Thomas Schipflinger has compiled a veritable Sophia encyclopedia—for anyone wanting to learn more about the Sophianic movement. Thirty-two color plates and 25 black and white illustrations bring to life his insightful analysis. An inspiring reference! Paper • 1-57863-022-3 • \$22.95 • 480 pp.

Basic Buddhism

Exploring Buddhism and Zen

Nan Huai Chin, Includes information about Pure Land, Vinaya, Tiantai, Satyasiddhi, Abhidharmakosha, Zen, Huayan, Avatamsaka, Faxiang, Yogacara, and Tantra Esoteric Schools—plus information on the Zen monastic system. Paper • 1-57863-020-7 • \$15.95 • 256 pp.



(\$21.95 paper ISBN 0874777305); *Golf in the Kingdom: 25th Anniversary Edition* (\$13.95 paper ISBN 0140195491) and *In the Zone: Transcendent Experience in Sports* (\$11.95 paper ISBN 0140194924). Unfortunately, some of his early books, such as *The End to Ordinary History*, *Jacob Atabet* and *The Psychic Side of Sports*, have gone out-of-print.

The Legend of The Villa della Luna
By Jana Kolpen and Mary Tiegreen
\$19.95. 79 pp. cloth. ISBN 1556706286.
Stewart, Tabori & Chang

Readers familiar with *The Secrets of Pistoulet* will be captivated by *The Legend of The Villa della Luna*. And those who have yet to read of the magic, will be swept along with Mademoiselle J. in her continued search for a way to open her heart. The journey begins in Paris in an unusual tea shop with a Tarot reading, and continues on a train bound for Italy and the Villa della Luna. There, in the Villa's ancient gardens and on strolls along the rugged Italian coastline, she learns the tragic legend of the rose garden by the sea "with no knowledge of seasons," a husband's loving tribute to a wife tragically lost to the sea,

which left the husband a man afraid to love again. Should Mademoiselle J. approach this grief-stricken man? Three wise teachers and strength from recipes such as *Wisdom-Enhancing Amaretti*, *The Tea of Yesterday*, and *The Focaccia of Forgiveness and Release* help her to decide. This enchanting, lush album is filled with gatefolds and doors, tarot cards, tear bottles and love sachets, the moon, roses, and recipes enough to stimulate every reader's palette. And yes, the mystery of romance. — CHP

The Lights of Earth
By Gina Berriault
\$12.50. 148 pp. paper. ISBN 1887178538.
Counterpoint

Each of Gina Berriault's stories contains a world, beautifully illumined by the light of the life within it. Her writing, line for line, is the most emotionally precise I know and her stories are among the most heartbreaking in American fiction. — Robert Stone

Gina Berriault is the author of four novels, two earlier short story collections, and several screenplays. Her latest collection, *Women in Their Beds*, won the PEN/Faulkner Award, the National Book Critics Award and several other honors.

Gina Berriault's writing is distilled, a fine, aged wine, full of memory and nuance, and many shades of meaning. *The Lights of Earth* is a piece centering on loss, the presentiment of loss, its actuality, and the letting go of the loved one. Through it all runs a theme of those who have and those who don't, what she calls the blessed, and the forsaken.

Alone in the night she became the one she was in solitude, solaced by the delusion that simply because she was given life then some deep mystery was promised her, not any

answers, only the experience of mystery, a beneficence unlike that granted to those beings who belonged on earth with ease.

The story concerns Ilona Lewis, a fiction writer abandoned by her lover, Martin Vandersen, at the moment he gains great fame as a novelist. The deeper current of story concerns memory, Ilona's current and previous abandonment of her brother, and the slow unwinding of her deep shame over who her brother is. Adding another strand of complexity is her relationship with her daughter, now traveling overseas, who believes that her mother has the power to bless her, in a way that sustains her through the trials of life.

In this story of abandonment and love, we too become the one who sees so much, feels but cannot say, and is immersed in the mystery. This story, and the gifts of Gina Berriault, create a deeply felt texture that lingers with the reader. — RZM

Books by Gina Berriault are: *Sons and Conference of Victims* (\$13.50 paper ISBN 0865471983); and *Women in Their Beds: New and Selected Stories* (\$15.95 paper ISBN 1887178384)

Rabindranath Tagore

An Anthology
Edited by Krishna Dutta & Andrew Robinson
\$30.00. 416 pp. cloth. ISBN 0312169736.
St. Martin's Press

This beautifully produced book is the most comprehensive and engaging collection of Rabindranath Tagore's work to appear in decades. It's an essential guide for readers seeking to understand Indian literature, culture, and wisdom.

The first Asian writer to win the Nobel Prize for Literature, Rabindranath Tagore mesmerized the world with his spiritual insights and finely wrought writings. After decades of neglect, Tagore's work is undergoing a revival as readers across the globe rediscover the timeless messages his work offers. Compiled by Krishna Dutta and Andrew Robinson, authors of the highly-acclaimed biography —

Rabindranath Tagore, The Myriad-Minded Man, this collection is the perfect reintroduction of Tagore's magnificence to American readers. "These prose translations have stirred my blood as nothing has for years," wrote W.B. Yeats, a year before Tagore was awarded the Nobel. Named "The Great Sentinel" by Gandhi, and regarded as a sage by Albert Einstein, Tagore traveled the East and the West for several decades, sharing his artistic and spiritual gifts with millions. In his time, he was admired like no other twentieth-century writer as both a literary genius and a spiritual seer.

Despite his accolades and worldwide acclaim, Tagore received little attention outside India for decades after his death in 1941. But during the last few years he and his writings have begun to experience an international renaissance. Readers are once again drawn to his literary sophistication, emotional power, and intellectual range.

This anthology encompasses Tagore's polymathic achievements, from the extraordinary humanity of *The Post Office*, which was read over Radio France

the evening before Paris fell to the Nazis, to a journey through memoirs, letters, essays and conversations, short stories, poems, songs, epigrams, and extracts from the celebrated novel *The Home and the World*. — DL

In common with thousands of his countrymen I owe much to one who by his poetic genius and singular purity of life has raised India in the estimation of the world.

— Mahatma Gandhi

Tree

Essays & Pieces

By Deena Metzger
\$15.95. 274 pp. paper. ISBN 1556432453.
North Atlantic Books

Poet, playwright, novelist and essayist Deena Metzger has been an inspiration to thousands of women from the first publication of *Tree*, the 1978 journal in which she recorded her struggle with breast cancer. In this new volume, *Tree* is accompanied by Metzger's major statements on healing, from which she created her acclaimed "Healing Stories." This is a method of inquiring into the stories we customarily tell ourselves in search of our real story. This real story contains the key to our psychological and physical healing, forging links between our personal, political and social personas.

Published as a companion to *Tree*, a piece called *The Woman Who Slept With Men to Take the War Out of Them* is a passionate call for an end to war through an understanding of spiritual eros. This is a theatrical novel for every woman who has ever, for a moment, believed she could change a man by making love to him.

Added to these two seminal works are four essays that present Metzger's vision of healing as a revolutionary, creative act for both individual and community: "Revamping the World — On the Return of the Holy Prostitute" explores the ancient role of the Holy Temple prostitutes who helped heal men after war; "Personal Disarmament — Negotiating with the Inner Government" develops the metaphor that our own inner government can be as oppressive to our inner selves as any nation-state; "Healing the Planet/Healing Ourselves" explores the idea that healing our physical and emotional bodies heals the body politic, and vice versa; and "Healing Circles" describes how a small sustaining community can form around a sick or dying person. — DL

To return to health, I had to scrutinize my life, root out the destructive elements, be surgeon and seer to my own psyche, make the necessary changes which the life demanded. I had to see the disease as metaphor, interpret it and act accordingly. — from *Tree*

Massage

Massage for Beginners

The Hands-Free Guide to the Art of Self and Partner Massage

By Marilyn Aslani

\$16.95. 75 pp. paper spiral bound.
ISBN 0062733982. Harper

Human beings have a deeply rooted need to touch and be touched. During a massage the hypnotic rhythm of the strokes

and ensuing relaxation create a feeling of well-being and calm for both giver and receiver. Whether you want to help yourself, friends or family, this book with its unique free-standing format will show you how. The flip-over pages are filled with photographs clearly illustrating every move-



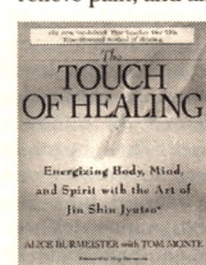
ment and technique. The detailed instructions for each step are the next best thing to having an expert at your side to provide individual guidance, helping you to give a full body massage to a partner or to yourself. *Massage for Beginners* contains information for everything you will need, from preparing massage oils to professional advice on how and why techniques are performed. You will find out how to bring relief from tension and common ailments, even in the workplace, without the need to disrobe or use oils. Self-care routines are included for simple daily practice, such as the quick energy fix and healing stretches. *Massage for Beginners* is a book that holds up its end, leaving your hands free to hold up yours. — TLKS

The Touch Of Healing

Energizing Body, Mind, and Spirit With the Art of Jin Shin Jyutsu

By Alice Burmeister with Tom Monte
\$14.95. 182 pp. paper. ISBN 0553377841.
Bantam

The Touch of Healing is a comprehensive guide to the ancient art of Jin Shin Jyutsu, which is remarkably simple to learn and yet unlocks the natural energy of mind and body for increased health and happiness. Jin Shin Jyutsu is a traditional Japanese practice that balances your body's energy, using the fingers and hands to eliminate stress, create emotional equilibrium, relieve pain, and alleviate acute or chronic



conditions. Brought to America by a student of the great Japanese sage Jiro Murai, Jin Shin Jyutsu has astounded Westerners with its healing abilities. Now you, too, can learn how to promote mental alertness, increase memory function, eliminate fatigue, expand consciousness, and much more. This clearly written guide contains detailed instructions for practicing Jin Shin Jyutsu on oneself or a partner. Many of the exercises are so discreet that they can be employed during a meeting or on a crowded street. This practice addresses the underlying causes of illness and can be used safely with any therapy or medication. You will find dozens of exercises for specific ailments as well as general well-being. Jin Shin Jyutsu is a lifelong journey toward self-knowledge and harmony. This book is a road map for that journey. — TLKS

Meditation

Breath Sweeps Mind

A First Guide to Meditation Practice

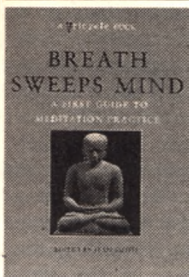
Edited by Jean Smith

\$14.00. 289 pp. paper. ISBN 157322653X.
Riverhead

Though meditation is very simple, the rewards and benefits of it are considerable. All you need do is sit in a stable pos-

MEDITATION

EDITOR'S CHOICE



ture with a straight back and focus your attention on the sensation of breathing. Then, as various thoughts and feelings occur, simply return your awareness to the breath, over and over again. If you meditate in this way for ten or twenty minutes every day, you will begin to discover that being alive — being human — is a joyful and remarkable experience. Beyond that, you will see the difference between living in your thoughts and experiencing the actual present moment. Finally, you will develop a sense of stability and clarity that can be very helpful when life becomes painful or difficult. Meditation works much the same way as physical exercise or learning to play the piano: If you do it regularly, you will experience the rewards.

Breath Sweeps Mind is an ideal guide for anyone who would like to begin meditating as it offers an anthology of instruction and advice from many of the best known modern Buddhist meditation teachers. These include Jack Kornfield, Joseph Goldstein, the Dalai Lama, Jon Kabat-Zinn, Shunryu Suzuki Roshi and Sogyal Rinpoche, along with teachings from the earlier masters, including the Buddha and the great Zen Master Dogen. The book is organized around three basic questions: What is meditation? Why meditate? And then, How do I do it? Do not be daunted by the many diverse voices here, as you will soon discover a consistency to all these teachings. Meditation is a subtle process, so it is helpful to read explanations that approach it from different angles. In fact you may discover teachers here who merit further study. So, why meditate? Because, as the Tibetan Buddhist Master Sogyal puts it, it is the best gift that you can give yourself. — JC

Meditation: The First & Last Freedom

A Practical Guide

By Osho

\$12.95. 286 pp. paper. ISBN 0312169272.

St. Martin's

Meditation is not something new; you have come with it into the world. Mind is something new, meditation is your nature. It is your nature, it is your very being. How can it be difficult? — Osho

The Cloud of Unknowing, the third eye, Nirvana, peace . . . The way to understand and experience these states is through discipline of mind and body, study, and continuous gestures of courage. All methods of meditation call upon these essential components; relaxation, watchfulness, and embracing a nonjudgmental attitude. The construction of the techniques may differ, but the fundamentals do not change.

This book is a practical, step-by-step guide to sixty-three meditation techniques, selected by and/or created by Osho. They range from the ancient Buddhist, Taoist, Sufi, and Hindu practices to Osho's own systems — the Dynamic Meditation and the Mystic Rose Meditation-

which were developed specifically for the needs of 21st-century seekers. This instructional and inspirational text encourages the student to celebrate with music and dance, and to carry his or her aliveness in all activities. In addition, Osho answers questions about some of the more common obstacles meditators may meet along the way.

Why does Osho call meditation "the first and last freedom"? Because, in his understanding, meditation is the method through which every individual can realize his own, unique potential, the unlimited personal freedom that is available to all of us. — DL

Osho advocated meditation for everyone, but his technique was revolutionary, beginning not with stillness and silence but with violent activity to release pent-up energy and emotions, leading to a state of calmness in which meditation can flourish.

— The Washington Post

Osho is the author of over 300 books, most of which are now out-of-print. Some current books are: *In Search of the Miraculous: Chakras, Kundalini* (\$17.95 paper ISBN 0852073038); *Returning to the Source: Talks on Zen* (\$14.95 paper ISBN 1852307005) and a tarot deck based on Osho's teachings, *Osho Zen Tarot: The Transcendental Game of Zen* (\$22.95 deck & book ISBN 0312117337).

Music to support and guide many of Osho's meditations is available on cassette and CD. For example, *Kundalini: Meditations of Osho* (\$15.95 CD ISBN 3931254003, Music by Deuter); and *Nataraj: Meditations of Osho* (\$15.98 CD ISBN 3931254038, Music by Deuter.)

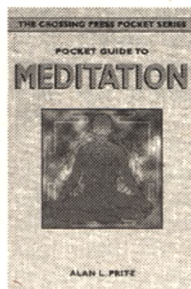
Pocket Guide to Meditation

By Alan L. Pritz

\$6.95. 95 pp. paper. ISBN 0895948869.

Crossing Press

Some people practice meditation just to relax and, as Alan Pritz writes, there is nothing wrong with that. However, this small book with its unassuming title is a well-written guide to meditation as a spiritual practice, or a way of uniting one's own consciousness with Infinite Consciousness, Spirit, or God. Pritz maintains that meditation should not be taken lightly: Spiritual law is intrinsic to our existence, in the same way that we can



fall off a ladder and hit the ground even if we don't believe in the law of gravity. We are composed of spirit as much as we are blood, bones, and muscles. Pritz points out the symptoms of our society's lack of spirituality: "People lose purpose and perspective. Life becomes a random, temporary existence with no greater purpose than fat incomes and buying toys. The obvious results of this attitude are greedy materialism, unhealthy self-indulgence, and gloomy bumper stickers declaring 'Shit Happens!' A world built upon such a shoddy structure is destined to collapse." Pritz then describes the vision of Oneness that emerges from meditation, and explains the steps that lead to spiritual awakening. These include ethical conduct and harmonious action, developing stillness and concentration through meditation, becoming aware of the chakras (energy centers), and finally, Self-realiza-

Books by Roy Eugene Davis

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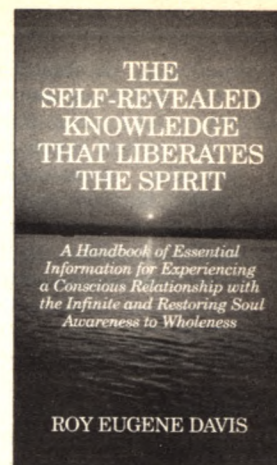
Life Surrendered In God: yoga-sutras & kriya yoga (hc) \$14.95

A Master Guide to Meditation (hc) \$6.95

An Easy Guide to Ayurveda (tp) \$4.95

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tion or Divine Union. He also offers practical tips for beginning meditators, explains several meditation techniques and sets out the practical benefits of meditation, including stress reduction, improved health, better cognitive function, improved morale and more harmonious personal relationships. All this in a book that can be read in a few hours! — JC

Mental Science

Book of Secrets

The Way to Wealth and Success

By Robert J. Petro
and Therese A. Finch

\$18.00. 186 pp. cloth. ISBN 0062514784.
HarperSF

Set in rural Mexico, this charming and engrossing fable is the final legacy of a dying millionaire to his bewildered grandson. It is the tale of his own rise from



poverty to wealth and self-determination. In accordance with the principles illustrated by the tale, it is more important to teach a starving man how to feed himself than to give him food that will last one day. Hence, the young man's inheritance is not a monetary fortune, but a wealth of wisdom in narrative form. Included in the tale are 50 secrets — all the wisdom one needs to flourish financially, emotionally and spiritually. Admirably, the author stresses time and again the importance of maintaining one's principles and character even while seizing opportunities, focusing on goals and enjoying success. — GL

The Intimate Enemy

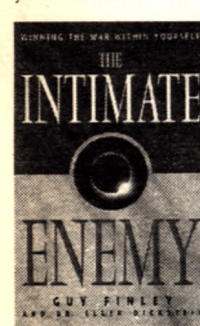
Winning The War Within Yourself

By Guy Finley and Dr. Ellen Dickstein

\$9.95. 233 pp. paper. ISBN 1567182798.

Llewellyn Publications

That "no-you-can't-voice" that we all hear from time to time is the most dangerous and self-defeating obstacle to achieving your goals and dreams. The real adversary in your life is not "out there;" Finley demonstrates that understanding your inner condition requires opening



yourself to learn about it. You will then discover new ways to handle the problems of life. You will see obstacles as challenges; necessary steps to higher success. Finley offers many practical methods for overcoming self-harming influences. For example, you will learn how to focus your attention on positive goals, how to solve problems rather than blame them on something or someone outside of yourself, how to question your own actions, and how to seek the truth in the choices you have made. This insightful book leads you to self-understanding enabling you to live a life full of learning, success and transformation. Guy Finley is the author of over eight books and books-on-tape. He lives in southern Oregon, where he lectures on self development. Ellen Dickstein, Ph.D., has published many papers on issues such as the

development of the self-concept and the internal sense of what is right. — ICS

Other interesting books by Guy Finley are: *The Secret of Letting Go* (\$9.95 paper ISBN 0875422233); *Designing Your Own Destiny: The Power to Shape Your Future* (\$6.99 paper ISBN 156718278X); *The Secret Way of Wonder: Insights from the Silence* (\$9.95 paper ISBN 0875422217); *Freedom from the Ties that Bind: The Secret of Self Liberation* (\$10.00 paper ISBN 0875422179); and his new, April 98 release, *The Lost Secrets of Prayer* (\$9.95 paper ISBN 1567182763).

The Intuitive Way

A Guide to Living from Inner Wisdom

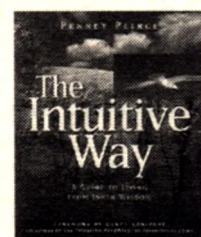
By Penney Peirce with a Foreword
by Carol Adrienne, co-author
of *The Celestine Prophecy*:

An Experimental Guide

\$16.95. 230 pp. paper. ISBN:1885223552.

Beyond Words Publishing

Don't mistake this book for another general explanation of how intuition can help you in life. This is a hands-on workbook that requires effort and dedication, which will yield tangible results in devel-



oping your own intuitive ability. It would be hard to imagine a more thorough, cleanly structured and encouraging book on the subject. Peirce writes with integrity and clarity. She believes in

everyone's ability to develop intuition and to bring real value into every aspect of life. She covers all the ways we sabotage ourselves with doubt; how we recognize the "real thing"; and how we use the information we begin to receive. This is an excellent guide for anyone willing to follow through and do the work. — GL

Man, surrounded by facts, permitting himself no surprise, no intuitive flash, no great hypothesis, no risk, is in a locked cell. Ignorance cannot seal the mind and imagination more securely. — Albert Einstein, from the book.

Practical Intuition

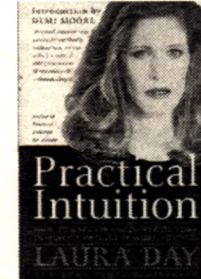
How to Harness The Power of Your Instinct and Make It Work for You

By Laura Day. Introduction by Demi Moore

\$13.00. 190 pp. paper. ISBN 0767900340.

Broadway Books

Laura Day is a practicing intuitive who shows readers how to use intuition to enhance all areas of their lives in her best-selling book. She says the most enjoyable part of her work is helping people to rediscover and develop their natural intuitive abilities. By



doing the exercises Day provides throughout the book you will do just that. "As the world becomes increasingly specialized, it's more and more difficult to remain an informed participant," she says. "But your intuition can keep you in touch." You can gain practical information about anything, whether it's a medical condition you know nothing about or why a machine you cannot open has broken down. Most of all, if you develop your intuition you will enhance your decision making skills. In the introduction, Demi Moore testifies how she has flourished

and survived by trusting her intuition and going with her instincts. Laura Day has been teaching her private seminar, "Practical Intuition," all over the world for the past ten years, as well as consulting with business people, scientists, and private individuals. — ICS

Reading Toes

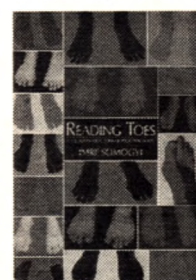
Your Feet as Reflections of Your Personality

By Imre Somogyi

\$19.95. 120 pp. paper. ISBN 0852073100.

C. W. Daniel

Yes, now even your toes can betray you. According to Imre Somogyi, the position



and shape of your toes can reveal how you cope with thoughts and feelings and provide other insights about your personality to anyone in the know. Somogyi formed his theories while studying polarity massage, reflexology and homeopathy.

After noticing a string of uncanny connections between feet and personality types, he set a goal for himself — to study 40 pairs of feet on which he would test his theories. If his analysis proved less than 90% accurate, he would drop the whole thing. This book is testimony to his success. The theories can be somewhat general, but sample photos and analysis demonstrate how the readings play out. — GL

Seven Secrets to Success

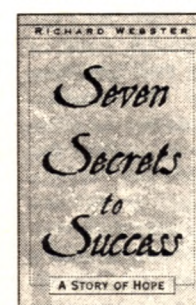
A Story of Hope

By Richard Webster

\$6.95 paper. 112 pp. ISBN 1567187978.

Llewellyn

Don't cheat! The temptation with this little gem of a book might be to jump ahead just to see what the seven secrets are. But be patient. The charming narrative allows you to see the wisdom of the secrets unfold through the eyes of "Kevin," a desperate young man in the throws of despair. Originally written as a letter to a suicidal friend, *Seven Secrets to Success* tells the story of how



Kevin encounters a seasoned, wise man who becomes his spiritual mentor. Kevin not only learns how to embrace his own life, but also sees how many others have been touched and healed by this same mentor and his simple wisdom. Now he is selected for a special role in continuing that work. This is the kind of uplifting "quick read" that gives you the feeling of standing alongside a man as his life is transformed. — GL

Other books by Richard Webster are: *Feng Shui for Beginners* (\$12.95 paper ISBN 1567188036); *Talisman Magic* (\$9.95 paper ISBN 156718801X); and *Revealing Palms: How to Read Palms* (\$14.95 paper ISBN 0875428703)

The Seven Spiritual Laws for Parents

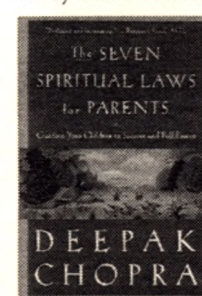
Guiding Your Children to Success and Fulfillment

By Deepak Chopra

\$16.95. 156 pp. cloth. ISBN 060960077X.

Harmony

On the heels of the phenomenal *Seven Spiritual Laws of Success*, and by popular demand, comes Chopra's introduction to the ways the spiritual laws can guide us as parents. He begins with a general discussion of parenting and the gift of spirit, then explores specific ways to practice the Laws as a family, how to convey them to children, and how to embody them in age-specific activities each day. Written with a child's interest in mind, the Law of Potentiality becomes "Everything is possible," the



Law of Giving becomes "If you want to get something, give it," the Law of Karma becomes "When you make a choice, you change the future," the Law of Least Effort becomes "Don't say no, go with the flow," the Law of Intention

and Desire becomes "Every time you wish or want, you plant a seed," the Law of Detachment becomes "Enjoy the journey," and the Law of Dharma becomes "You are here for a reason." Brimming with his inimitable wisdom and style, Chopra assures us *All of these practices can be boiled down to one precept. Every child needs as much mature love as you can give. What makes love mature — and not just adult — is the conscious spiritual intention behind it. The birth of a baby launches us as teachers of spirit. Afterward we rely on the grace of love, which guides our intentions in the years to come. Spirit lifts us above our individual fallibility, and in doing that it teaches our children the deepest, most valuable lessons.* — CD

Other suggested books by the prolific Deepak Chopra are: *The Seven Spiritual Laws of Success* (\$14.00 cloth ISBN 1878424114); *The Way of the Wizard* (\$15.95 cloth ISBN 051770434X); *The Path to Love: Spiritual Strategies for Healing* (\$14.00 paper ISBN 060980135X) and *The Ageless Body, Timeless Mind: the Quantum Alternative* (\$14.00 paper ISBN 0517882124).

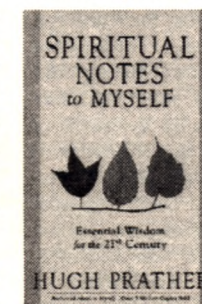
Spiritual Notes to Myself

Essential Wisdom for the 21st Century

By Hugh Prather

\$12.95. 145 pp. Paper. ISBN 157324113X.

"Forgiveness doesn't excuse behavior; it just looks past it to a greater truth." So goes this clever, sometimes poignant and often witty collection of observations on



life by a conscious man. Hugh Prather writes as the spiritual "everyman" who is just trying to make sense out of life and the ironies of humankind. His observations serve both as reminders of what matters in ordinary life and relationships and as a source of comfort. So, you won't feel as alone in the world after reading a few pages. — GL

To act appropriately in the present, I must see our kids the way they are this instant. God's glasses are love. Let me put them on first — so that I can see at least a little of what God sees. — Hugh Prather

Other important books by Hugh Prather are: *Notes to Myself* (\$5.99 paper ISBN 0553273825), and *The Quiet Answer* (\$8.95 paper ISBN 0385176058). Hugh

and Gay Prather's books are *Spiritual Parenting: A Guide to Understanding & Nurturing the Heart of Your Child* (\$13.00 paper ISBN 0517888319) and *I Will Never Leave You: How Couples Can Achieve the Power of Lasting Love* (\$10.95 paper ISBN 0553375318).

Winnie-the-Pooh on Success

In which You, Pooh, and friends learn about the Most Important Subject of All
By Roger E. Allen & Stephen D. Allen
\$17.95. 209 pp. cloth. ISBN 0525942939.
Dutton

"Suppose," said Pooh thoughtfully, "there are two dreams that someone has, and they both seem like they would be Very Good to be a success at being. It seems to me that would be Very Bothering. It's like deciding which pot of honey to eat."

Are you as confused as Pooh about success and how to achieve it? Only decades ago, the definition of "success" was fairly straightforward:

Winnie-the-Pooh on Success
In which You, Pooh, and friends learn about the Most Important Subject of All
Roger E. Allen and Stephen D. Allen

namely, the attainment of wealth, position, honors, etc. For Pooh it is as simple as acquiring more honey; for Piglet, it's far more serious — avoiding dangerous Heffalumps. But in these more complicated times, people

— as well as certain treasured animals of a certain forest — have all sorts of different ideas on the subject.

Whatever your notion of success, this captivating book by the authors of *Winnie-the-Pooh on Management* and *Winnie-the-Pooh on Problem Solving* will help you attain your goals. Pooh and Piglet are here, so are Eeyore, Roo, and the other endearing denizens of A.A. Milne's Hundred Acre Wood, all trying to make the art of living successfully far less befuddling. From understanding your own abilities and setting sensible objectives, to defining and implementing a game plan to getting started, *Winnie-the-Pooh on Success* gives you the tools you need to be successful at any endeavor you choose.

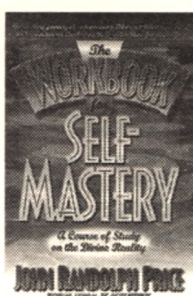
Whether you're a businessman or businesswoman, a teacher or student, an entrepreneur or new retiree, this illuminating book offers a wise, clear-headed, and commonsensical approach to both business and life. With a practical, accessible, and easy-to-follow plan, and genuine Ernest H. Shepard illustrations, *Winnie-the-Pooh on Success* will take the Bother out of attaining your Very Important dreams, and help you get the pots of honey you deserve. — DL

The Workbook for Self-Mastery

A Course of Study on the Divine Reality
By John Randolph Price
\$10.95. 160 pp. paper. ISBN 1561703621.
Hay House

With his wife Jan, the popular metaphysician John Randolph Price founded *The Quartus Foundation*, a spiritual research and communications organization formed in 1981 and located in Boerne, Texas, near San Antonio. He has devoted more than 25 years to researching the philosophic mysteries of Ancient Wisdom and integrating those teachings with spiritual metaphysics.

Price is known for such works as *The Abundance Book*, *The Angels Within Us*, *Practical Spirituality*, and many other best-sellers that combine the ageless wisdom of



East and West. In *The Workbook for Self-Mastery*, formerly titled *The Planetary Commission*, and now updated with new material not previously published, Price shows us how to rediscover our true self and how to realize the power within that leads to the fulfillment of every desire, the answer to every need, and the solution to every problem. — DL

As you lift up your consciousness and open the channel for the light from within, you will be doing your part to heal and harmonize not only yourself, but also this world. In truth, that is why you are here.

— John Randolph Price

Other works from the inspirational John Randolph Price are: *The Abundance Book* (\$7.00 paper ISBN 1561703478); *The Spiritual Philosophy for the New World* (\$10.95 paper ISBN 1561703605); and *Superbeings: Overcoming Limitation through the Power of Mind* (\$12.00 paper ISBN 1561703583).

Music

The Book of Secrets

By Loreena McKennitt
\$16.98. CD. ISBN 9362467192.
Warner Bros. Records
\$10.98. cassette. ISBN 9362467194

Fans of the work of Loreena McKennitt have witnessed the remarkable musical evolution of a deeply philosophical individual. Her early work expressed her connection to the lineage of the Celtic tradition. This quickly grew into a more progressive sound, with creative musical arrangements and a bold vocal style unparalleled in Celtic music. Loreena's wanderlust then exposed her to other cultures, sounds and ideas which found their way into her music, until she crossed the borders of time, and delved into the exotic and mysterious realms of the past. Mysticism has become a major element in her music, which now employs the sounds of unusual instruments and musical styles. Listening to *The Book of Secrets* is a journey into this rich and deep world of timeless, haunting beauty. The Celts throughout history have traveled far and wide to experience the world, and as we hear in her music, so has Loreena McKennitt. Those who accompany her on her travels — her listeners — will be deeply moved. — KMM



Chants of India

By Ravi Shankar
Produced by George Harrison
\$16.98. CD. ISBN 2438559482.
Angel Records
\$10.98. cassette. ISBN 2438559484

Rishis of the *Ancient Vedic Tradition* have proposed that Sanskrit mantras contain vibrations that are beneficial to the spiritual practitioners who use them for chanting and meditation. Ravi Shankar and George Harrison have produced an album of chants that is completely unprecedented in



this genre. Both Indian and Western acoustic instruments are used creatively to accompany a chorus of chanting voices, while elements of traditional ragas are blended into a more progressive style of composition. The overall mood of the album is deeply meditative. Some of the most sacred mantras are represented here, including the Gayatri, Asato Maa, Mahaa Mrityunjaya, Sarve Shaam and others. The liner notes provide the Sanskrit Devanagari, a transliteration and a translation. This album is essential for anyone drawn to this deeply religious world of sound. — KMM

The Mozart Effect

Tapping the Power of Music to Heal the Body, Strengthen the Mind, and Unlock the Creative Spirit
By Don Campbell
\$24.00. 332 pp. cloth. ISBN 0380974185.
Avon Books
And the corresponding audio cassette, \$17.95. audio cassette. ISBN 1561009571

Music can affect your mood: it can make you feel happy, enchanted, inspired, wistful, excited, empowered, comforted or heroic. But music has an even more astonishing power — one you may have suspected from your own experience: Music is good for you — physically, emotionally, and spiritually. Particular sounds, tones and rhythms, especially the music of Mozart, Gregorian chant, and some jazz,

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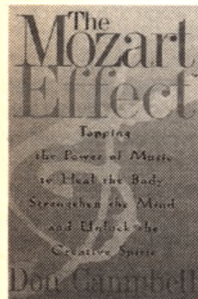
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MUSIC TO NEW AGE PHILOSOPHY

New Age, Latin, pop, and even rock music, can strengthen the mind, unlock the creative spirit and, miraculously, even heal the body. Campbell calls this phenomenon the "Mozart effect."

In his new book, he offers dramatic accounts of how doctors, shamans, musicians, and healthcare professionals use music to deal with ailments ranging from



anxiety to cancer, high blood pressure, chronic pain, dyslexia, and even mental illness. Furthermore, students who sing or play an instrument score up to 51 points higher on SATs than the national average, and, during childbirth, music can relieve expectant mothers' anxiety and help release endorphins, the body's natural painkillers, thereby dramatically decreasing the need for anesthesia.

Drawing on Western medical studies, Eastern wisdom, and the latest research on learning and creativity, Campbell reveals how exposure to sound, music, and other forms of vibration, beginning in utero, can have a lifelong effect on health, learning, and behavior. He also shows how to use sound and music to stimulate learning and memory; how to strengthen listening abilities; how to use imagery to enhance the Mozart Effect; and how to harness the power of toning, chanting, mantras, and other self-generated sounds. A valuable and remarkable book from the dean of sound healers, *The Mozart Effect* points the way to a healthier, more harmonious way of life — once you know what to listen for. — DL

Don Campbell has compiled several albums of "Mozart Effect™" music. They are: *Music for the Mozart Effect™ — Vol. 1: Strengthen the Mind, Vol. 2: Heal the Body, Vol. 3: Unlock the Creative Spirit* (each is \$16.98 CD & \$9.98 cassette) and *The Mozart Effect™ Music for Children — Vol. 1: Tune Up Your Mind, Vol. 2: Relax, Daydream & Draw, Vol. 3: Mozart in Motion* (each is \$17.98 CD & 9.98 cassette).

Mythic Dreamer

Music for Native American Flute.

By R. Carlos Nakai

\$15.98. CD. ISBN 2933706082. Canyon Records

\$9.98. cassette. ISBN 2933706084

With over twenty-two albums, R. Carlos Nakai is the world's premier performer of the Native American flute. Originally trained in classical trumpet and music theory, this man of Navajo-Ute heritage was given a traditional cedar wood flute, on which he now performs. Ever since his first album, *Changes*, was released in 1983, he has captured the imagination of listeners, providing a haunting and peaceful sound filled with the reverence for a sacred way of life. After many years of creative collaborations with other artists, Nakai returns to his traditional roots in *Mythic Dreamer* with his solo Native American flute style. He presents eleven arrangements of Zuni, Lakota, Kiowa and Cheyenne melodies along with seven original compositions and a work by composer James DeMars. The ele-



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gant simplicity and evocative magic of this traditional flute master is evident in this fine recording. — KMM

Sounding the Inner Landscape

Music as Medicine

By Kay Gardner

\$13.95. 267 pp. paper. ISBN 0962720038.

Caduceus Publications

And the corresponding audio cassette, \$11.98. cassette. ISBN 9990124949

Kay Gardner is one of our finest composers of lyrical, improvisational, and experimental music designed for meditation and healing. She is a pioneer in the women's music and spirituality movements, and her improvisations and compositions have more recently found recognition in such diverse genres as classical, jazz, folk, new age, and world music. Among her many recordings of healing music, the best known is *A Rainbow Path*.

Sounding the Inner Landscape is the culmination of Kay Gardner's years of research into the curative and transformative elements of music and sound. It's an inspirational journey through musical ingredients that contribute to music's healing power. These include

medicine wheels and "unseen" bodies; droning, toning, mantra, and chant; the moods and shapes of harmony; rhythm as pulse; melody as the heart and soul of music; the instrumental spectrum; and form and the divine proportion.

Amplified, *Sounding the Inner Landscape* offers insights into the origins and mysteries of music and sound and how both may be used by all of us, both for self-healing and for working with others in their healing process. — DL

Recordings by Kay Gardner are: *The Rainbow Path* (\$16.98 CD & \$9.98 cassette); *The Drone Zone* (\$14.98 CD) and *Music as Medicine: The Art & Science of Healing with Music* (\$59.95 audio cassette set ISBN 1564554929).

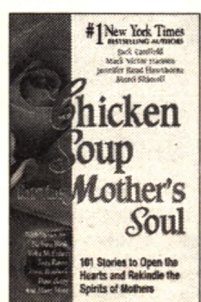
New Age Philosophy

Chicken Soup for the Mother's Soul

101 Stories to Open the Hearts and Rekindle the Spirits of Mothers

By Jack Canfield, Mark Victor Hansen, Jennifer Read Hawthorne and Marci Shimoff

\$12.95. 354 pp. paper. ISBN 1558744606. HCI



moments of motherhood from the triumphant to the trivial: from giving birth to developing a mother's intuition, from making special memories and surviving

family life to letting go. Whether you are an expectant mother, a grandmother, or someone who appreciates the maternal influence in your life, you will laugh, cry and reflect upon the joys and difficulties of being a mom. With stories about moms-next-door and celebrity contributions from Barbara Bush, Reba McEntire, Joan Rivers and Erma Bombeck, the book relates shining examples of a mother's love; a love that will be cherished forever in the hearts and lives of the people they touched. — CD

Jack Canfield and Mark Viktor Hansen are well noted for their "Chicken Soup" series of books. In addition, they have written important books on self esteem such as: *The Alladin Factor* (\$13.00 paper ISBN 0425150755 & \$16.95 audio cassette ISBN 1559273658); *Dare to Win* (\$13.00 paper ISBN 0425150763 & \$16.95 audio cassette ISBN 1559273755); and *One Hundred Ways to Enhance Self Concept in the Classroom: A Handbook for Teachers, Counselors & Group Leaders* (\$30.95 paper ISBN 0205154158)

Everyday Enlightenment

The Twelve Gateways to Personal Growth

By Dan Millman

\$22.00. 350 pp. cloth. ISBN 0446522791.

Warner

Dan Millman, author of *Way Of The Peaceful Warrior*, has always maintained that everyday life should be one's spiritual path and practice.

"Inward spiritual practices such as meditation, breathing techniques, and self-analysis generate insights and enhance abilities, but none are so useful as learning to live harmoniously in a committed relationship, being a skillful parent, or juggling the demands of daily life."

Spiritual practice begins on the ground, not up in the air. In Everyday Enlightenment, Millman guides you through twelve "gateways" to help you create a more fulfilling life. To pass through these gateways is to face issues such as money, sex, relationships and your own dark side. As you resolve the issues of each gateway, you release attention previously bound up by those issues, and are free to move on to the next. Each gateway's higher purpose is to free your attention so that you can see Spirit everywhere and in everything, leading you to everyday enlightenment. *Everyday Enlightenment* shows you how the application of simple insights and timeless wisdom can change confusion into clarity, knowledge into action, and daily life into an adventure. Dan Millman is a former world champion athlete and college professor. — ICS

A selection of seminal books by Dan Millman are: *The Way of the Peaceful Warrior* (\$11.95 paper ISBN 0915811006 & \$10.95 audio cassette ISBN 0915811103); *The Life You Were Born to Live: A Guide to Finding Your Purpose In Life* (\$14.95 paper ISBN 091581160X); *The Sacred Journey of the Peaceful Warrior* (\$11.95 paper ISBN 0915811332); *The Laws of Spirit: Simple, Powerful Truths for Making Life Work* (\$14.00 cloth ISBN 0915811642 & \$17.95 audio cassette ISBN 156455368X); and *No Ordinary Moments: A Peaceful Warrior's Guide to Daily Life* (\$12.95 paper ISBN 0915811405).

For the Love of God

Handbook for the Spirit

Edited by Benjamin Shield

& Richard Carlson

\$20.00. 200 pp. cloth. ISBN 1577310616.

New World Library

In this wonderfully diverse collection of original writing, an extraordinary group of thinkers and teachers celebrate their personal experiences of the divine. This revised edition of *For the Love of God* includes brand new essays by Andrew Harvey, Sue Bender, Rev. Michael Beckwith, Barbara De Angelis, and Marianne Williamson.

Edited by bestselling editors Richard Carlson and Benjamin Shield, creators of *Handbook for the Soul* and *Handbook for the Heart*, this collection features the Dalai Lama on the central importance of kindness, Sue Bender on the small miracles of everyday life, Brooke Medicine Eagle on the Great Spirit, Joseph Goldstein on the Dharma, Rabbi Harold Kushner on how God appears in relationships, Brother David Steindl-Rast on perceiving the divine through the senses, and nineteen other contributors on their own personal spirituality.

For the Love of God gathers some of the most revered late-twentieth-century teachers in religion and psychology to provide much-needed spiritual nourishment. As the Dalai Lama writes, *Human beings need spiritual as well as material sustenance. Without spiritual sustenance, it is difficult to get and maintain peace of mind. The purpose of religion is not to argue over which is best.*

Other selected books by Richard Carlson are: *Don't Sweat the Small Stuff...and It's All Small Stuff* (\$10.95 paper ISBN 0786881852 & \$12.00 audio cassette ISBN 0671580752); *Don't Worry, Make Money: Spiritual & Practical Ways to Create Abundance & More Fun in Your Life* (\$15.95 cloth ISBN 0786863218 & \$12.00 audio cassette ISBN 0671580760); *Handbook for the Heart: Original Writings on Love* (\$12.95 paper ISBN 0316120049); and his new book, *Don't Sweat the Small Stuff with Families* (\$11.95 paper ISBN 0786883375).

Ordinary People, Extraordinary Lives

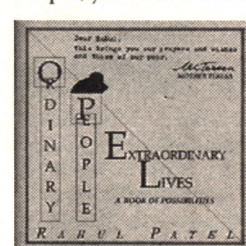
A Book of Possibilities

By Rahul Patel

\$14.99. 55 pp. paper (6.5" x 6.5").

ISBN 0966149300. Rahul Patel

If you have ever watched the evening news and felt exasperated by human nature and just longed to hear something positive for a change, this lovely little book may be just the thing to breathe life into you again. Rahul Patel has compiled nine simple, yet beautiful stories of people who



walk through this life without fame or glory, but who have all discovered the sweetness of possibility. You will meet a disabled veteran, a specialist on humor, a hopeful cancer survivor, an artist realizing her own potential and many more soulful individuals. Gracefully enfolded within each of these stories are poignant messages about hope and human potential as each author reflects

on life's trials and successes. We can't say enough about the need for these embracing tales of strength and compassion. This book is artfully self published, with an I Ching coin tipped in. — GL

Spiritual Warrior

By John-Roger

\$20.00. 200 pp. cloth. ISBN 091482936X. Mandeville Press

In 1971, John-Roger, known to all as J-R, founded the non-denominational *Movement of Spiritual Inner Awareness* (MSIA) whose headquarters is in Los Angeles.



MSIA, described as a "church without walls", is dedicated to the teachings of the *Mystical Traveler Consciousness*, which includes practical techniques for incorporating spirituality into your everyday lives. The spiritual intention, or goal, is *Soul Transcendence*, which is becoming aware of oneself as a *Soul* and as one with God. Since 1963, when he emerged from a nine-day

coma during which he experienced a profound spiritual awakening, John-Roger has reached millions of spiritual seekers with his many lectures and books, some of which have reached "best-seller" status. Some of his teachings are quite controversial, so we suggest that an important companion to *Spiritual Warrior* is James Lewis's *Seeking the Light: Uncovering the Truth about the Movement of Spiritual Inner Awareness and its Founder John-Roger* (\$24.00. cloth. ISBN 0914829424). This noted authority on nontraditional religious movements was given complete access to MSIA material and files, and brings a necessary balance to the various misunderstandings that have arisen around the church and its popular founder.

Spiritual Warrior follows the tradition of Dan Millman and Carlos Castaneda, while it also retains its own character. John Roger stresses simplicity, clarity and practicality, and tries to simplify the act of bringing spiritual teachings into one's daily life. The *Spiritual Warrior* chooses, and can maintain, his or her focus even in the face of emotional crisis, illness, or conflict. So, through attention and observation, you learn how to use "energy wisely and purposefully, conserving and directing it to form your alignment with Spirit." J-R discusses acceptance, cooperation, understanding, enthusiasm and empathy and how these qualities relate to your inner spirit. He shows how seductive feelings of worthlessness can be, and how, through a "God" point-of-view, you can arrive at consciousness and feelings of worth. Perhaps his most controversial section is on relationship. He says men hold the priesthood of consciousness and pull women out of the left-sided energy field into their rightful heritage of the right-sided energy field. This enjoins both men and women to "lift up in great pleasure and joy and sustain each other." His point is that each man and woman need to work unto themselves rather than seeking their cross-gender energy side through

relationship. Throughout the book, John-Roger provides spiritual exercises. The last chapter suggests a fifteen day journal exercise to practice the concepts and lessons from the book and to bring your *Spirit* back into alignment. John-Roger does a fine job presenting a complex subject matter clearly and simply but without sacrificing wisdom or usefulness. This book offers a practical opportunity to become spirituality impeccable and lead a realized life. — SM

I hope that I have made it clear that we don't even try to control the guilt, the separation, and the rest. We observe them. Observation is a state of detachment, which lifts us into a greater awareness. We become more and more free. — John-Roger

Other selected books by John-Roger are: *Wealth and Higher Consciousness* (\$12.00 cloth ISBN 091482936X) and *The Tao of Spirit* \$15.00 cloth ISBN 0914829335).

Sweat Your Prayers

Movement as Spiritual Practice

By Gabrielle Roth

\$22.95. 217 pp. cloth. ISBN 0874778786. Tarcher/Putnam

Gabrielle Roth is a Renaissance Woman, internationally famous as theater director, dance teacher/explorer, recording artist and best-selling author. In *Sweat Your Prayers*, her life energy leaps off the page into the reader's fingers, and like mercury, zings through the bloodstream straight to the heart and soul, moving the body and spirit into DANCE! This book is an expedition through five universal rhythms — *Flowing* the feminine, *Staccato* the masculine, *Chaos* the blending of the two, *Lyrical* trance and self-realization, and *Stillness* the emptiness within us, a place of refuge. Each rhythm is presented in metaphor, expanded with transforming life story, punctuated with quote and poetry, and concluded with

awareness and action. Thirty five years of experience and spiritual practice flow from her written word, cheerleading us to free the body, express the heart, and clear the mind. — CHP

This book is alive, visceral, funny, real. I couldn't put it down. Roth tells the truth about the human body and how we move. She might dance on the path, but she also rocks on the page. — Natalie Goldberg, author of *Writing Down the Bones*

Some selected works by musician and author Gabrielle Roth are: *Maps to Ecstasy: Teachings of an Urban Shaman* (\$10.95 paper ISBN 1882591089); *Zone Unknown* (\$14.98 CD. ISBN 3699859712); *Endless Wave: Volume 1* (\$14.98 CD. ISBN 3699839542); and *Wave: Ecstatic Dance for Body & Soul* (\$19.95 videocassette. ISBN 9990184909).

Walking Between the Worlds

The Science Of Compassion

By Gregg Braden

\$17.95. 211 pp. paper. ISBN 1889071056. Radio Bookstore Press

Having received many questions from readers of his popular first book, *Awakening To Zero Point*, Gregg Braden presents his response in this new contribution. Readers of *Awakening To Zero Point* wanted

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His Holiness

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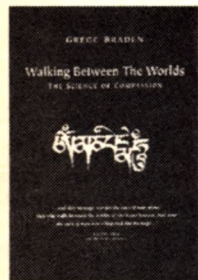
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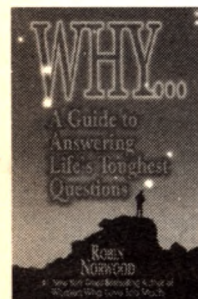
to know how the material in the book was presented to him. In *Walking Between The Worlds*, he recounts specific incidents that changed his life and led him to explore deep interpersonal relationships, obscure and ancient texts and the magnetic fields of the earth. He moves beyond his own awakening however, and suggests to readers that we are all part of a maturing generation that is completing a grand cycle of human experience. This generation has been subject to tremendous changes and these changes are redefining our biological limits. In fact, Braden wonders if we are witnessing the birth of a new species of human, and presents data that this new human may redefine our world through the ancient sciences of compassion and blessing. Braden believes we are being given the opportunity to create a world where love, wisdom, and compassion replace hate and ignorance. — ICS



Gregg Braden
Walking Between The Worlds
THE SCIENCE OF COMPASSION

Why . . .
A Guide to Answering Life's Toughest Questions
By Robin Norwood
\$12.95. 221 pp. paper. ISBN 155874522X.
Health Communications

The bestselling author of *Women Who Love Too Much*, attempts to answer broad spiritual questions about adversity in life, such as "Why is this happening to me?" Norwood has the ability to integrate, synthesize and simplify a great deal of esoterically based information without undercutting its complexity. The effect is like turning for guidance to someone who has gained wisdom and perspective from going through suffering of their own.



Norwood's years of practicing psychotherapy, followed by seven years of intense reflection and isolation in which she studied many esoteric subjects and texts — including the works of Alice Bailey — informs her approach and grounds the stories she offers. The reader can imagine that the questions that are posed as chapter headings are ones Norwood was asked by her clients. Now she adds a spiritual perspective, and includes information on subtle bodies, auras, the concept of reincarnation, and an overarching view of the spiritual quest. For those searching for a broad perspective that finds meaning within life's problems and lessons, this book makes sense. — RZM

Zen Soup
Tasty Morsels of Wisdom From Great Minds East & West
By Laurence G. Boldt
\$10.95. 191 pp. paper. ISBN 0140195602.
Arkana

Laurence G. Boldt, author of the best-selling *Zen and the Art of Making A Living*, here invokes a lesson from the *I Ching*, that thoughts are spirits that accompany us in our daily life. These spirits become our friends on one level, and help us to "arouse courage, confirm direction, persist in effort, and let go of attachment."

Each chapter in *Zen Soup* examines one of 25 essential aspects, or qualities associated with the Zen tradition. These include: beginner's mind, courage, responsibility, work, creativity, compassion, joy, wonder, integrity, perseverance, mindfulness, and enlightenment. An insightful introductory essay by Boldt on each aspect is followed by a collection of



quotes that illuminate each quality and evoke a spiritual dimension that is both timeless and universal.

Many of the quotes come from the Zen tradition itself or from other Eastern sources, but a majority are from the Western tradition. Reading and contemplating these thoughts not only reminds us that thoughts are indeed spirits, they remind us of the essential nature — our Buddha nature — that resides within ourselves. — DL

Other good books by Laurence G. Boldt are: *Zen and the Art of Making A Living* (\$17.95 paper ISBN 014019469X) and *How to Find the Work You Love* (\$10.95 paper ISBN 0140195246).

Occult

The Arcturus Probe
Tales & Reports of an Ongoing Investigation
By Jose Arguelles
\$14.95. 205 pp. paper. ISBN 0929385756.
Light Technology Publishing

Arcturus is the name of a star some 37 light-years from the sun. It includes at least a half dozen planetary bodies and is many times larger and much older than our own star and its system.



In this book of revealed teachings Jose Arguelles shows how Arcturian involvement with our system began over three million years ago when a space colony — a galactic way station — was established on Velatropa

24.4, otherwise known as Mars. With its 40,000-year warm cycles, Mars provided the perfect experimental way station. If anything went wrong, at least those on the Arcturus system would not be affected—or so it was thought.

But some of those in command of the Martian project had not considered carefully enough the inexorable efficacy of karma, the law of cause and effect. By the time strange events began to transpire on Mars, little did anyone on Mars or Arcturus reckon the dire consequences of forgetting about their mutual existence. Thus unfolds the tale of the Arcturian experimental way station.

In *The Arcturus Probe*, you'll explore the tales of the Arcturus Probe through the transmission of the Mars experience to the neighboring blue planet, V.24.3, otherwise known as Earth, where a more cautiously and intelligently supervised "repeat performance," as Arguelles tells us, is being played out in a continuing investigation of which we are all a part. — DL

Other books by Jose Arguelles are: *The Mayan Factor: The Path Beyond Technology* (\$16.00 paper ISBN 0939680386); *The Surfers of the Zuvuya: Tales of Interdimen-*

sional Travel (\$15.00 paper ISBN 0939680556); *Earth Ascending: An Illustrated Treatise on the Law* (\$20.00 paper ISBN 0939680459); *The Living Prophecy of Pascal Votan* (\$10.00 paper ISBN 9990219524); *Transformative Vision* (\$14.95 paper ISBN 0963175009) and *Mandala* (\$20.00 paper ISBN 1570621209).

Body Mind Spirit

Exploring the Parapsychology of Spirituality
Edited by Charles T. Tart
\$12.95. 255 pp. paper. ISBN 1571740732.
Hampton Roads

The split between science and spirituality has long been a thorn in the side for believers adhering to either camp. For example, scientists have found no evidence for the existence of a soul, yet those with a spiritual bent criticize scientists for their restrictive, narrow view. In his new anthology, Charles Tart, author of *Altered States of Consciousness* and *Transpersonal Psychologies*, has assembled an excellent series of articles that provide scientific evidence for the existence of spiritual dimensions. *Body Mind Spirit* asks that we look objectively at the evidence and then challenges us to go wherever it leads us.

This groundbreaking book features well-known researchers and authors examining a number of provocative topics. Tart includes William G. Roll on "My Search for the Soul," Michael Grosso on "The Parapsychology of God," Arthur C. Hastings on "Channeling and Spiritual Teachings," and Jeffrey Mishlove on "Intuition — A Link Between Psi and Spirituality." His own contributions include "Who or What Might Survive Death?" and "On the Scientific Study of Nonphysical Worlds." — DL

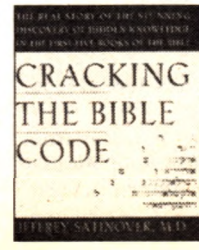
My best understanding, after a lifetime of studying these issues both personally and scientifically, is that we are spiritual beings and we are animals, electro-chemical machines. We certainly have a high capacity to believe nonsense, but that capacity applies in all areas of life, including the idea that we are nothing but electrochemical machines. I am proud to call myself both a scientist and a "spiritual seeker," and I am not being unscientific in doing so. Given the intense, irrational feelings that so often dominate the advocates and debunkers of both science and the spiritual, this is not an easy position to come to or find social support for, but it is a sound, scientific one. I hope that you will share this feeling after reading these contributions.

— Charles T. Tart,
from his introduction.

Cracking The Bible Code

By Jeffrey Satinoff, M.D.
\$23.00. 346 pp. cloth. ISBN 0688154638.
William Morrow

Do you need proof of the existence of God? If so, you will be interested in an ancient and mysterious tradition among the Jews concerning the Torah—the first



five books of the Bible, which form the core of Judaism and are sacred to Christians and Muslims as well. This tradition claims that, unlike all other books of Scripture, the Torah alone was

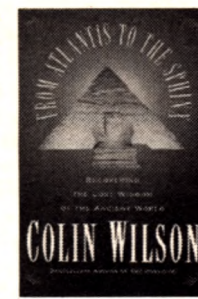
dictated directly by God to Moses in a precise letter-by-letter sequence. It is also said that the precise sequence of letters includes encrypted information that only a divine hand could have placed there. Elijah Solomon was a prominent eighteenth-century rabbi known reverently as the *Vilna Gaon*. The Gaon was a child prodigy in Talmud, having memorized every one of its millions of words and Vilna Gaon made the following startling claim: *All that was, is and will be unto the end of time is included in the Torah . . . including the details of every person individually, and the most minute details of everything that happened to him from the day of his birth until his death; likewise of every kind of animal and beast and living thing that exists, and of herbage, and of all that grows or is inert.* So much for freedom of choice! *Cracking The Bible Code* is the first accurate and fully documented account of the codes. Dr. Satinoff uncovers the codes' fascinating past, counters sensational and inaccurate representations of them, explains the heated debate about their authenticity, and clarifies their profound implications for our view of God, faith, and fate. — CHP

From Atlantis to the Sphinx

Recovering the Lost Wisdom of the Ancient World
By Colin Wilson
\$25.95. 370 pp. cloth. ISBN 0880641762.
Fromm

Recent discoveries by Boston University geologist Robert Schoch of ancient water damage to the Sphinx have thrown the scientific world into a tizzy. They suggest that Egypt's legendary monument might be thousands of years older than previously believed. In his latest investigation into the sources of ancient knowledge, the prolific and perspicacious Colin Wilson (*The Outsider*) explores the implications of Robert Schoch's findings.

Wilson takes us on a grand tour of knowledge through the centuries and raises questions about mysteries that have puzzled humanity since Plato: Was there an



ancient civilization destroyed by some great catastrophe whose survivors built the Sphinx some 10,500 years before Christ? Did it possess a knowledge system—science, astronomy, mathematics, passed on through descendants

to Egypt and South America—that could move stones weighing thousands of tons with a technology that still baffles modern engineers? If so, who were these people who had developed a highly advanced culture and who traveled the world from China to the South Pole (then free of ice)? As Wilson suggests, were they really so unique in their thinking that, compared with modern man, they were as alien as Martians?

In a fascinating exploration of the remote depths of history, Wilson sets out to answer these questions and to reconstruct ancient knowledge. He leads us from the structure of the pyramids and the purpose of their tortuous interior shafts to the prehistoric cities of America by way of ancient sea maps apparently showing the outlines of Antarctica before it was covered by ice. Along the way, he visits the cave paintings of Cro-Magnon man, and the Upper Amazon and the Gilbert

OCCULT TO ORACLES

Islands, touches on Robert Graves's *The White Goddess* and the *I Ching*, and revisits the philosophies of Gurdjieff and Abraham Maslow as well as the ultimate nature of human consciousness. — DL

Colin Wilson has done it again! Yet another tour de force and a wonderful study on human perception that will be much talked about for years to come. — Robert G. Bauval, author of *The Orion Mystery*

Prophecies for the New Millennium
Psychics, Seers and Oracles Tell You What to Expect for the Next 1000 Years
By James Manning
\$15.00. 127 pp. cloth. ISBN 0062702114.
HarperCollins

Who will be the 21st Century Anti-Christ and what exactly is going to happen in the year 2012? These and many more compelling questions are addressed in James Manning's version of collected prophecies from many cultures and belief systems. Some of the greatest mystics, prophets and astrologers are included in this little book that is sometimes disturbing and often just fascinating. The hardcover book is lavishly illustrated with graphics and a montage of clippings from historical events. It's a great coffee-table piece and is bound to spark much conversation. — GL

The Secret Language of the Soul
A Visual Guide to the Spiritual World
By Jane Hope
\$19.95. 176 pp. paper. ISBN 0811818616.
Chronicle Books

Webster's Dictionary defines soul as the spiritual part of a human being that is believed to survive death. You will find in *The Secret Language Of The Soul* hundreds of definitions of what it is. As the author of this beautifully illustrated volume says, *The Soul or Spirit is the ultimate human mystery.* Soul escapes definition. The scope of *The Secret language Of The Soul* is vast. Specially commissioned artwork and superb photographs depict some of the most profound and compelling images ever

devised, from the Tibetan Wheel of Life to the Jain vision of the cosmos. Turning to major religious traditions such as Judaism, Christianity, Islam, Hinduism, Buddhism, and Shintoism, as well as lesser-known philosophies, Hope considers destiny, enlightenment, and salvation. She discusses the lives and impact of spiritual figures such as Muhammad and Jesus Christ, as

EDITOR'S CHOICE



well as esoteric ideas as diverse as Tantric meditation and spirit helpers from the animal world. This multifaceted portrait of spiritual wisdom and insight throughout the ages is an engaging guide to the spiritual concepts that underpin the world's

Something in This Book Is True . . .

The official companion to Nothing in This Book Is True, But It's Exactly How Things Are
By Bob Frissell

\$14.95. 235 pp. paper. ISBN 188331965X. Frog, Ltd

Following his best-selling *Nothing in This Book Is True, But It's Exactly How Things Are*, Bob Frissell invites readers back onto the roller coaster to the twenty-first century. Frissell stands at the juncture of three mystery schools — Leonard Orr's rebirthing, with its roots in the immortal saints and yogis of India; sacred geometry, with its Rosicrucian and Gnostic antecedents; and Pueblo millenary religion, with its uncharted bridges between intergalactic legends and apocalyptic parables.

Something in This Book Is True . . . is Frissell's journey of inner discovery and empowerment. We follow him from the Kennedy assassination to his first meeting

with Leonard Orr. We share his trials and triumphs at an est initiation and learn about rebirthing and emotional body clearing firsthand.

But this new volume is more than another New Age prophecy, self-help technique, or millennial mythology; it's a training manual for entering the Earth's future, whatever it may be. It includes word on earth changes, pole shifts, Hopi prophecies, the secret government, the Greys still looking for a way out on Mars, ascended masters with etheric books guiding the planet through yet another eleventh hour, and Drunvalo Melchizedek providing a thirteenth-dimension perspective. Frissell has no stake in scaring readers with cataclysms or promising exotic future shocks. Instead he teaches us how to make ourselves into a vehicle for traveling through a universe of danger and hope. The human race is on the verge of something so unbelievable we cannot begin to imagine it; yet what we will become is a direct function of who we are.

In *Something in This Book Is True . . .* Frissell becomes a spirit-guide for our journey into the unknown. He provides clarity in this time of tremendous change and shows us how to move consciously through our fears and limitations to the realization that everything we need is within ourselves. — DL

Oracles

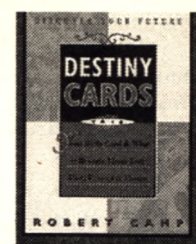
Destiny Cards

Your Birth Card and What It Reveals About Your Past, Present and Future

By Robert Camp

\$24.95. 358 pp. paper. ISBN 1570711895.
Sourcebooks

Though it uses ordinary playing cards, fortune telling per "destiny cards" is quite unique. You don't have to have special psychic powers, you don't need to use the whole deck, and you don't need to spend countless hours studying complex concepts. The cards that represent the events and relationships in your life are easily found in this book. Once you know your birth card, you can access daily, weekly and yearly spreads to discover specific and detailed information about every important area of your life, including love,



romance, family, work, finances, health, travel, legal matters and your spiritual life, just to mention the most important. Camp helps you pinpoint the best times for marriage, business

expansion, changing jobs or lines of work, travel and the sale of real estate. You will be able to see what is going to happen between you and anyone else that you know. The system is a magical combination of the cards, astrology and numerology, and is so easy to use that the average person can begin applying the system as soon as they open up this book. — CD

Goddess Oracle

A Way to Wholeness Through the Goddess and Ritual

By Amy Sophia Marashinsky.

Illustrated by Hrana Janto

\$29.95. book and card set.
ISBN 1852308648. Element

Divination has never been as sensual! This is an absolutely gorgeous collection of Goddess deities as she has appeared throughout history and in every culture. The stunning 52-card deck comes with a carefully researched book that combines

EDITOR'S CHOICE



poetry, mythology, and keen, practical interpretations to guide you through everyday challenges. Because it is not a traditional tarot deck, no

previous knowledge of divination is required. The book offers sample spreads and very accessible, uplifting explanations that should appeal to both oracle newcomers and seasoned readers. Unlike many oracles, this one includes suggestions for rituals to incorporate the Goddess wisdom into your growth and healing. It is important to note that these cards are designed to nurture the feminine in all of us, regardless of gender — the Goddess bolsters those aspects of everyone's totality that have been historically disre-

WINNING THE BATTLE AGAINST EVIL

Now, for the first time, a true Teacher reveals startling information on the nature of evil and provides us the antidote to evil in two amazing books about Cosmic evil and the spiritual Hierarchy Who combat it.



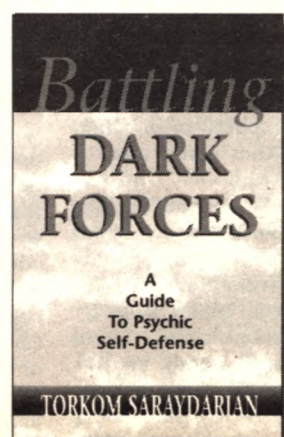
YOU WILL LEARN:

What evil is exactly

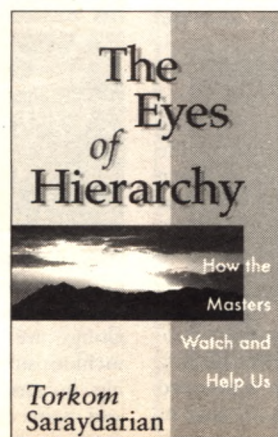
How evil ones exploit good-hearted people

How to discriminate between good and evil

How to shield and protect yourself from dark attacks



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\$10.95 200pp. ISBN: 0-9656203-3-6

YOU WILL LEARN:

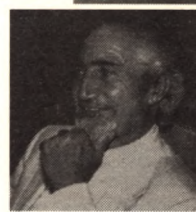
Where Masters live

How Masters influence us

Ways to serve Hierarchy

How disciples are tested

How to contact your Master ...and more!



ABOUT THE AUTHOR

Torkom Saraydarian

was a prolific author and tireless teacher. In his lifetime he published over sixty books, gave thousands of lectures, and traveled the world presenting the practical application of the Ageless Wisdom. Although these books were published posthumously, his vision will live for many years through the lives he touched.

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garded, for example, intuitive abilities, creativity, sensuality and nurturing skills. You may recognize Janto's artistic style from the work she did for PBS series *The Power of Myth*. The illustrations are truly remarkable. — GL

Irish Fairy Cards

For Inspiration & Guidance

Jaya Moran

\$32.95. book & card set

(64 cards 129 pp. book)

ISBN 1884695345. Words of Wisdom Int.

When Jaya Moran was born in the West of Ireland, there was no electricity and the pristine countryside was still alive with Sidhe (pronounced she) or fairy folk. Rich with Celtic lore and fairy whimsy, this oracle captures the essence of an age of magic and innocence from Moran's homeland. After becoming a disciple of Rajneesh as a young woman, Moran returned to Ireland and incorporated the ancient spirituality of her people into her healing arts. The result, as seen in this deck is an abundance of childlike jubilation combined with truly



insightful words of guidance. Fairy folk are, after all, the hidden healers, poets, prophets and mischief makers. Many fairy representations correspond to nature while others represent human attributes and challenges. There are 64 mes-

sages to guide you including a corresponding Fairy I Ching and several sample layouts to have fun with. — GL

Medicine Cards™

Just for Today

By Jamie Sams & David Carson
& Illustrations by Angela Werneke

\$12.00. 44 cards (2.25" x 3.5").

ISBN 1879181460. Bear & Co.

In keeping with the Native American tradition of truth through simplicity, these cards were designed to be used one per day, using animal medicine to improve daily living a little at a time. There are 44 illustrations with corresponding messages which one chooses at random. The card then offers one point to ponder as a way to focus and connect for the day. For example, *Wolf* medicine tells us to "find new paths" and "be a role model" while *Mouse* reminds us to "pay attention; Handle one thing at a time." These cards are smaller versions of *Medicine Cards*, by the same authors, which are more like tarot with their extensive interpretations. Here the messages are short, to-the-point and easily digestible. The beautiful and dignified illustrations are the same on both decks. — GL



Other recommended works by Jamie Sams are: *Medicine Cards: The Discovery of Power through the Ways of Animals* (\$32.00 book & deck ISBN 093968053X); *The Sacred Path Cards: The Discovery of Self through Native Teachings* (\$18.00 44 cards & 336 pp. Book ISBN 0062507621); *The Thirteen Original Clan Mothers: Your Sacred Path to Discovering the Gifts, Talents & Abilities of the Feminine through the Ancient*

Teachings of the Sisterhood (\$18.00 paper ISBN 0062507567).

Oriental Healing

Principles of Acupuncture

By Angela Hicks

\$11.00. 126 pp. paper. ISBN 0722534094.

Thorsons

Many people still approach acupuncture with skepticism or fear, wondering why anyone would want to be stuck with needles, and how this method of treatment could be helpful at all. Despite our trepidation, there is growing scientific evidence that acupuncture works; and patient surveys indicate that, without resorting to surgery or drugs, acupuncture often resolves medical problems. Most patients attest to the feeling of relaxed well-being that occurs during treatments, especially as discomfort from the needles is actually minimal. Also, they appreciate the fact that acupuncture treats the whole person, including the physical, mental, and spiritual dimensions. This book answers the typical questions facing those considering acupuncture: What are the theoretical foundations of



Chinese medicine—that is, how does it explain why we become ill and how we recover? How does an acupuncturist make a diagnosis and perform a treatment? How does it feel to have a treatment? And what about treatment of children, or of special conditions such as drug addiction? As the book explains, acupuncture is used to treat a wide variety of ailments, both major and minor, but it also maintains optimum health so that we avoid getting sick in the first place. The book also includes a number of patients' personal accounts of their experiences with acupuncture. In light of 2000 years of accumulated practice, perhaps the remarkable benefits of this healing modality should not be too surprising. As this reviewer's own Chinese acupuncturist told him: "Look — we've been doing this for a long time!" — JC

Principles and Practice of Reiki

The Only Introduction You'll Ever Need.

By Kajsia Krishni Borāng

\$11.00. 114 pp. paper.

ISBN 072253406X. Thorsons

Reiki is a Japanese word in which the first syllable "rei" means spirit, aura or subtle energy and the second "ki" means energy or power. Reiki is a method of hands on healing that channels this life force, and to learn Reiki, a student must be initiated by a Reiki Master. Reiki is an intelligent force — though there are



basic hand positions which the practitioner can use, the energy goes where healing is needed. Furthermore, there is no need to guide Reiki with the mind at all, since its power is much higher than our conscious awareness, working on all levels — spiritu-

al, mental, emotional and physical. This wonderfully intimate guide explains the nature of Reiki, the history of Reiki, how it is taught and practiced and how it used in everyday life. Kajsia Krishni Borāng, lived in India for many years where she was first introduced to this practice. She is also a master of Qi Gong and the Alexander Technique, but says Reiki remains the foundation of all her work. — CD

Principles of Tai Chi

By Paul Brecher

\$11.00. 108 pp. paper. ISBN 0722534744.

Thorsons

Tai Chi is a martial art that originated in China more than one thousand years ago. It is practiced through continuous flowing, circular movements that encourage the flow of life-force energy, or chi, through the body. This helps the body to heal and rejuvenate itself—today most people practice Tai Chi for its indisputable physical and psychological health

benefits. This excellent introductory guide explains the origins of Tai Chi; exactly how Tai Chi works; correct methodology; how to train on your own; how Tai Chi will increase your energy and improve your health; and how to enhance your personal and spiritual development through this effective practice. — DL

At a high level of skill the practitioner has pride over his ability, rejoices in praise from others, and laments the lack of ability in others. At the highest level, a man has the look of knowing nothing. — Ancient Taoist Wisdom

Qi Gong for Beginners

Eight Easy Movements for Vibrant Health

By Stanley D. Wilson, Ph.D.

\$16.95. 148 pp. paper. ISBN 0915801752.

Rudra

Stanley Wilson's enthusiasm for Qi Gong and the series of eight simple exercises called (in Korean) Pal Dan Gum is easy to appreciate: The first time he tried Qi Gong, he found himself feeling relaxed and energized, when only a few moments before he had felt exhausted and irritable. About a year later, he faced a major health crisis when cancerous tumors formed and then returned after chemotherapy induced remissions.

EDITOR'S CHOICE



Wilson then began a regime of holistic self-care built around Qi Gong, a practice he felt "covered all bases," including physical, psychological and spiritual aspects of healing. After some months (without further chemotherapy), Wilson's tumors completely disappeared! Though this is only one testimony, there is no doubt that the list of benefits one can expect from Qi Gong are quite remarkable. These include: strengthening the body, improving posture, relieving muscular tension and pain, increasing energy, stimulating the immune system to prevent or heal illness, improving sexual function, enhance

ing emotional well-being and cultivating spiritual awareness. These benefits occur because Qi Gong, like acupuncture, works with our life energy or qi, removing blockages and balancing the relationships between the various aspects of our body and mind. Our body *naturally* seeks to be healthy and has the capacity to heal itself; Qi Gong enhances this process rather than suppressing illness or its symptoms artificially. Wilson's is an attractively produced, user-friendly book that not only explains the theory of Qi Gong but tells you how to conduct a basic sequence of eight gentle, flowing exercises. Black and white photographs illustrate the exercises, showing both individual postures and complete sequences of movements. Wilson also explains how proper breathing, relaxation, and mindfulness enhance the practice, which he calls "meditation in motion," and includes tips for getting started and helpful general guidelines. — JC

The Root of Chinese Qi Gong

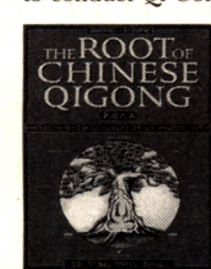
Secrets for Health, Longevity, and Enlightenment

By Dr. Yang Jwing-Ming

\$24.95. 307 pp. paper. ISBN 1886969507.

YMAA

Dr. Yang Jwing-Ming says that in his experience Qi Gong strengthens the weak, relieves the depressed and returns the sick to better health. In China, Qi Gong practitioners have been known to cure even very serious illnesses. As the concept of holistic health gains more acceptance in this country, Qi Gong is attracting increasing interest, since it teaches us to create and maintain the health of our body, mind and spirit through our own efforts. Rather than being a practical manual that shows how to conduct Qi Gong exercises, this book



addresses those seeking greater understanding of the theory of Qi Gong: how it works, and the principles (rather than the specifics) of effective practice. It covers the history of Qi Gong, its methods for regulating one's breath, energy, mind and spirit, common experiences of Qi Gong practitioners, deviations to avoid, guidelines to follow, and diagrams of the body's energy vessels and points. Dr. Yang, who has extensive training in several martial arts and advanced degrees in physics and mechanical engineering, asks that Western readers approach this book with an open mind, just as tourists must abandon their preconceptions to fully appreciate a foreign country. Though the theories of Qi Gong and Chinese medicine are radically different from traditional Western medical thought, those open to alternative views will discover new worlds of healing. Dr. Yang observes that Qi Gong is based on thousands of years of experience, while Western science, is only beginning to address phenomena such as "qi," the Chinese concept of "life energy." Further, Qi Gong and Chinese medicine teach that we are part of the natural world, so we must use natural methods to maintain our health and happiness. This book elucidates the traditional Chinese approach, in depth and some detail. — JC

POETRY

The Tibetan Art of Healing

Text by Ian A. Baker.

Paintings by Romio Shrestha. With a foreword by His Holiness the Dalai Lama, and a preface by Deepak Chopra \$29.95. 192 pp. paper. ISBN 0811818713. Chronicle

This book introduces the unique qualities of Tibetan healing to a wide audience, both through its written text and especially, through its visual imagery. Every page features depictions of the principles of Tibetan medical practice. The paintings actually serve as a textbook for aspiring



Tibetan physicians, as they also inspire the pilgrims or patients who come to view them. Much of the general theory and many specific practices of Tibetan medicine are drawn from Ayurvedic and traditional Chinese

schools of thought. While Ayurvedic and Chinese medicine also emphasize the spiritual aspects of healing, Tibetan medicine is unique in that it utilizes the teachings of Tibetan Buddhist tantra. According to tantra, the human body should be seen in a sacred way, symbolized as a palace, a mandala, or a treasury, because it contains the potential for enlightenment, or Buddhahood. In this light, one's problems in life, such as illness, become part of the spiritual path. Tibetan medicine uses Buddhist teachings as part of the healing process. Physicians visualize themselves as the Medicine Buddha; mantras and prayers are recited as herbal compounds are prepared; and patients are urged to use illness as an opportunity to develop compassion for all suffering beings, while recognizing that the causes of illness are greed, anger, and ignorance. The paintings are made from natural colors using traditional methods—the artists meditate and visualize before beginning their work. The book also discusses some of the more miraculous aspects of Tibetan healing, such as using pulse diagnosis to see the past and future of a patient, interpretation of dreams, and treatment for demonic possession. Finally, there are general, practical teachings about how to stay healthy. But above all, with its vivid illustrations, this book conveys how spirituality is essential to the healing process. —JC

Romio's art is celestial. His luminous and extraordinary paintings evoke the healing response from within. — Deepak Chopra

Poetry

Rilke's Book of Hours

Love Poems to God

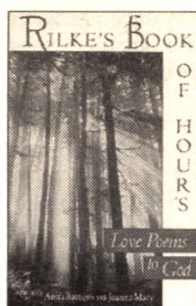
By Rainer Maria Rilke. Translated

by Anita Barrows and Joanna Macy

\$8.00 166 pp. paper. ISBN 1573225851.

Riverhead Books

In the spring of 1899, Rainer Maria Rilke traveled to Russia, where he found a spiritual landscape that would inspire him to write sixty-seven devotional poems to God. In these poems, Rilke expresses God's need for the love of humankind. In other words, it is up to us to love God into being. This edition includes a fine introduction that describes Rilke's remarkable and intense life. Anita Barrows is a prize-winning poet and a clinical psychologist



and Joanna Macy, whose books include *World As Lover, World As Self* (\$15.00. paper. ISBN 0938077279) is a Buddhist scholar who helps people find inner resources for dealing with global crises. — ICS

*The hour is striking so close above me,
so clear and sharp,
that all my senses ring with it.
I feel it now: there's a power in me
to grasp and give shape to my world.*

*I know that nothing has ever been real
without my beholding it.
All becoming has needed me.
My looking ripens things
and they come toward me, to meet
and be met.*

— Rainer Maria Rilke

The Spring of My Life

And Selected Haiku

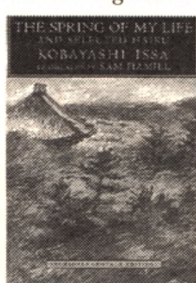
By Kobayashi Issa, translated by Sam

Hamill

\$14.00. 180 pp. paper. ISBN 1570621446.

Shambhala

Kobayashi Issa (1763-1827), along with Basho and Buson, is considered one of the three greatest haiku poets of Japan.



He is particularly known for his poignancy and playful sense of humor. He was a devout Buddhist, whose work celebrated animals, insects, plants, and all of humanity, and his poems are learned by every

schoolchild in Japan. Writing poetry was a fundamental part of his spiritual practice and he wrote more than twenty thousand haiku.

This, his most beloved work, is an autobiographical sketch of linked prose and haiku in the tradition of Basho's famous *Narrow Road to the Interior*. In addition to *The Spring of My Life*, poet-translator Sam Hamill has included more than 160 of Issa's best haiku and an introduction providing essential information on Issa's life and valuable comments on translating (and reading) haiku. — DL

*Under shady trees
resting with a butterfly —
this, too, is karma*
— Issa

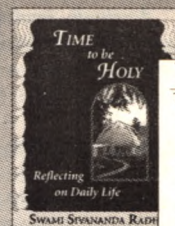
Issa's renowned *The Spring of My Life* has found a brilliant voice in Sam Hamill. These poems have the quiet dominance of the full moon. — Jim Harrison, author of *After Ikkyu*

Sam Hamill, publisher of Copper Canyon Press, is a poet and translator as well. Other good books by him are: *The Essential Teachings of Chuang Tzu* (\$20.00 cloth ISBN 1570623368 — new book published May 1998); *The Only Companion: Japanese Poems of Love and Longing* (\$10.00 paper ISBN 1570623007); *The Gift of Tongues: Twenty-Five Years of Poetry From Copper Canyon Press* (\$16.00 paper ISBN 1556591179); and *The Erotic Spirit: An Anthology of Poems of Sensuality* (\$18.00 cloth ISBN 0877739579).

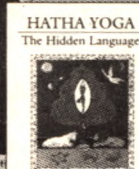


Swami Sivananda Radha

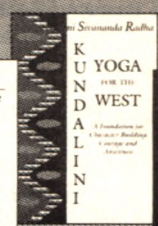
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Kitaro is back with his first studio lp in four years. "Gaia," a musical expression of respect and how it relates to ancient traditions, is Kitaro's newest collection of original material. The album is poised to carry on the legacy embodied in more than two dozen albums the artist has released internationally during his career.

The title "GAIA" relates to our planet and loosely translates to *God-ness of the Earth or Mother Earth.* Catalog # 45789

Benedetti & Svoboda

"Flamenco Dreams"



The songs here range from peaceful melancholy ballads to fiery flamenco rumbas; traditional Spanish Flamenco flair melded with Southwest Novelle Flamenco nuance. It is a small wonder that Benedetti & Svoboda have been celebrated as engaging and entertaining performers for over ten years in Europe, Canada, Mexico and the United States.

Catalog # 45601



SUR SUDHA "IMAGES OF NEPAL"

Formed over ten years ago, the Nepali trio known as Sur Sudha embraced the world with their rendition of classical Nepali compositions, while the CMJ World Music Charts embraced them...with a debut entrance at #10. One of the few performers to ever entertain the Dalai Lama,

the three members of Sur Sudha have been given the title Musical Ambassadors to the World, representing Nepal. Catalog # 45543

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Psychology

The Couple Who Became Each Other

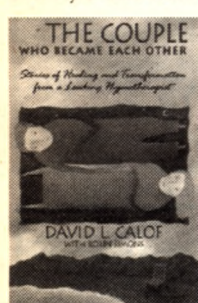
Stories of Healing and Transformation from a Leading Hypnotherapist

By David L. Calof

\$12.95. 354 pp. paper. ISBN 055337902X. Bantam

Spellbinding tales of hope and resurrection . . . Enter a world of imaginative treatment and gain new insight into the healing powers that reside within. — Jeffrey K. Zeig, Ph.D., Director, the Milton H. Erickson Foundation

David Calof offers us an intriguing glimpse into the hypnotherapist's encounters with clients and healing interventions, in a style that reads like a detective novel.



Clues abound, and then we are privy to the therapist's inner process of hunches, assessments and the benefits of experience. In these stories, we find that the unconscious is the star, whether we speak of the client's unconscious, the hypnotherapist's, or something that occurs in the encounter between the two. Calof skillfully dramatizes his clients' unconscious responses to the hypnotherapist's framing of their dilemmas, and gifts us with a wondrous brew of healing interactions.

We are introduced to dissociation as a skill, rather than a defense, and some clients' abilities to use trance as a resource. Each case is unique and full of surprises. In one of his most astonishing cases, Calof takes his client through five hours of surgery without anesthesia. Not only are we left with a sense of awe at the power of the unconscious, but a sense of the remarkable intimacy of the therapeutic relationship. — RZM

How to Forgive When You Can't Forget

Healing Our Personal Relationships

By Charles Klein

\$12.00. 106pp. paper. ISBN 0425160041. Berkley

It's hard enough to say "I'm sorry," but it is even harder to forgive someone who has hurt you deeply. In *How to Forgive When You Can't Forget*, Charles Klein combines a Rabbi's wisdom with stories from modern day life and the Bible, to illustrate a method for achieving peace, forgiveness, and reconciliation. There are no guarantees for a quick fix to serious and deeply rooted problems. But if we are willing to reach out with open hearts, to put the past behind us and move forward, here is a roadmap, a candle in the dark to illuminate the way to a second chance. This book offers an opportunity to move beyond the immobility that says, "I don't need you any more," to the moment when our rigidity and mistrust simply melt away. Then we can say, "I want you to be a part of my life again." *How to Forgive When You Can't Forget* is a book to be passed around between family and friends. It is a book to mend the heartache of shattered relationships — to enlighten us, to restore our hope, and to give us the precious opportunity to heal. — TLKS

I actually read this entire book, and it's so wonderful it makes me look forward to being extremely upset with someone just so I can apply it. — Jerry Seinfeld

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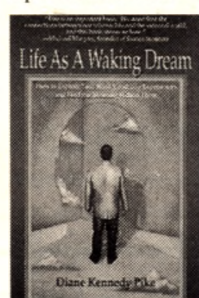
Life as a Waking Dream

How to Explore Your Most Vivid Life Experiences and Find The Meaning Within Them

By Diane Kennedy Pike

\$12.00. 277 pp. paper. ISBN 1573226033. Riverhead Books

Diane Kennedy Pike offers a new way of looking at life by exploring and expanding upon traditional dream analysis. Pike says



the life events that take so much of our time and energy may be waking dream episodes that we create to communicate important information about what is going on inside us. Her technique is especially helpful for those who cannot remember their dreams, because it offers a means of access to the elements and themes that may be hidden in the unconscious. Through the stories of waking dream group participants, Pike reveals how the examination of your vivid life experiences can help strengthen relationships, enrich creative vision, and lend meaning to everyday life. Diane Kennedy Pike travels extensively and gives dream workshops nationwide. — ICS

Diane Kennedy's other books are: *My Journey Into Self* (\$4.95 paper ISBN 0916192213X) and *Cosmic Unfoldment: The Individualizing Process* (\$4.95 paper ISBN 0916192083).

Living In Balance

A Dynamic Approach for Creating Harmony & Wholeness in a Chaotic World

By Joel Levey and Michelle Levey,

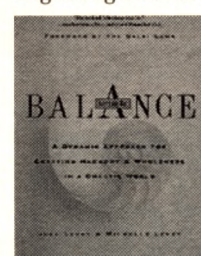
Foreword by The Dalai Lama

\$17.95. 333 pp. paper. ISBN 157324032X. Conari Press

To redeem the balance, our new frontier should be inner worlds, and not outer space. If the mind is explored with the same stringent scrutiny applied in other branches of science, it will certainly be of immense benefit not only to individuals but to society as a whole.

— The Dalai Lama

Joel & Michelle Levey are pioneers in stress mastery and mind-body health. Beginning from the inside out, they offer a



synthesis of ancient wisdom traditions combined with cutting edge research on human behavior and performance to help you regain balance in yourself, with your world. First, they teach mindfulness, which, they say, is an indispensable skill for cultivating a balanced way of living. Then they explore an array of practices that lead you towards peace and harmony. They include physical exercises to tune and relax the body, techniques to ensure quality sleep, tools for relating to co-workers and family, methods for dealing with depression, ways of finding creative outlets and support groups, teachings about compassionate awareness and on and on. The book is well-organized and written in a

graceful and open style. In the end, *Living In Balance* connects you to our precarious and chaotic world in ways that allow you to revel in the joy of being. Joel and Michelle Levey are the founders of the *HumanKind Learning Community* and the authors of several books and tapes. — ICS

Also available by Joel Levey: *Fine Arts of Relaxation: Concentration & Meditation: The Ancient Skills for Modern Man* (\$14.95 paper. ISBN 0861710401 & \$14.98 CD. ISBN 0932898017).

Molecules of Emotions

Why You Feel The Way You Feel

By Candace B. Pert, Ph.D., Foreword by Deepak Chopra, M.D.

\$25.00. 368 pp. cloth. ISBN 0684831872. Scribner

and the corresponding audio cassette \$18.00. cassette. ISBN 0671577441. Simons

Dr. Candace B. Pert invites you into her world. And what a world! At the age of twenty-six, Pert discovered the opiate



receptor. This discovery helped to establish the biomolecular basis for our emotions and put her career in a success trajectory. In *Molecules Of Emotion*, Pert presents twenty-five years of pioneering research on how the chemicals inside our bodies form a dynamic information network, linking mind and body. She explains how there is a scientific basis to popular wisdom about phenomena such as "gut feelings." And she clarifies the recent breakthroughs in cancer and AIDS research so that lay people can understand them. Woven into her lucid explanations of the science underlying her work is the remarkable story of how, faced with personal and professional obstacles, she has grown as a woman and a mother, and how her personal and spiritual development has made possible her remarkable scientific career. Pert is Research Professor in the Department of Physiology and Biophysics at Georgetown University Medical Center in Washington, D.C., where she also conducts pioneering AIDS research. — ICS

The Pleasure Zone

Why We Resist Good Feelings

& How to Let Go and Be Happy

By Stella Resnick, Ph.D.

\$21.95. 286 pp. cloth. ISBN 1573240710. Conari Press

Resnick makes an interesting observation about human nature: Just as we all seem to have an inherent level of pain tolerance, we each have a pleasure threshold as well. In other words, by virtue of our culture and upbringing, there is only so much happiness and physical pleasure we can handle before we will subconsciously shut-down or even sabotage ourselves. This book is designed to help us handle pleasure and understand how we have put up these unconscious barriers. With a little work, we can expand our comfort zones and enjoy living at a newly intensified level. Accepting pleasure is a critical issue for

many and understanding the ways in which we deny ourselves is an essential step toward being truly alive. — GL.

Romancing the Shadow

Illuminating the Dark Side of the Soul

By Connie Zweig, Ph.D. & Steve Wolf, Ph.D. \$27.00. 348 pp. cloth. ISBN 0345417399. Ballantine

Connie Zweig and Steve Wolf use Jungian-based, archetypal psychology to shed new light on those troubling aspects of human personality that are universal yet commonly neglected or misunderstood. They call this work "romancing", or integrating the shadow. The shadow is that "dark" part of ourselves responsible for feelings which often makes us uneasy: hatred, rage, jealousy, greed, shame and lust.

The authors suggest that we each have a mask which we show to the world as well as a powerful shadow "other" that we conceal. The nature of the shadow is to remain outside

of awareness, until it appears unexpectedly and makes us feel like we "just aren't ourselves." To romance the shadow is to draw this "other" out into the light: By reading the messages encoded in everyday life, we gain a clearer and deeper perspective of who we really are. It is a lifelong challenge, but it enables us to see through life issues such as romantic projections, or long-standing family patterns. Zweig and Wolf show us, step-by-step how to harness the shadow and pull ourselves into wholeness. Using mythological analogies and real-life case scenarios to illustrate how this work evolves, they handle all the difficult problems of self-destruction, sex, marriage, family, friends and work. In addition, we are shown how greater shadow awareness can lead to greater morality and to a peaceful method for decoding the complexities of human nature. The book does not promise a quick fix, but rather, keenly lays out a path for a renewed orientation toward life, toward the depths, and toward a fuller sense of authenticity and spirituality. The authors also offer questions at the end of selected chapters to draw us into the material. — GL

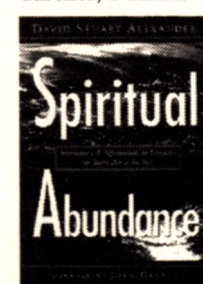
Spiritual Abundance

Meditations & Affirmations

on Prosperity for Every Day of the Year

By David Stuart Alexander

\$14.95. 382 pp. paper. ISBN 0874778859. Tarcher/Putnam



Spiritual Abundance is a powerful day-by-day guide to understanding and utilizing the prosperity secrets of the universe. This concise and constant companion offers daily processes, affirmations, reminders, thoughts, and prayers, which enable the reader to attain skills in the areas that directly affect quality of life: Goals, Love, Happiness, Growth, Kindness, Power, Healing, Peace, Wisdom, Abundance, and Spirituality. In the tradition of *Seven Spiritual Laws of Success*, this is a book for those seeking a more abundant life and the fulfillment that a connection to a higher power brings. — DL

Spiritual Abundance offers a clear and

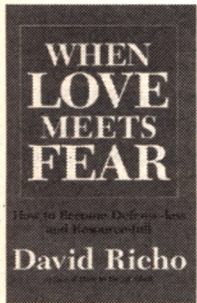
JUNGIAN PSYCHOLOGY

simple yet wise and reflective way to journey through the year, traveling along an ever-expanding path toward greater and greater degrees of love, peace, and joy. Such fulfilling states do not just happen to a fortunate few. They are the natural result of a committed spiritual practice. This book will provide you with solid guidelines to help you step out on that path. — Joan Gattuso, from the foreword.

When Love Meets Fear

How to Become Defense-less and Resource-full
By David Richo
\$12.95. 228 pp. paper. ISBN

080913702X. Paulist Press



Everyone is afraid at one time or another. Sometimes fear is inappropriate and neurotic, at other times we have good reason to be afraid. Whatever the case, fear reduces our ability to act. It convinces

us we shouldn't take chances.

When Love Meets Fear is for all people who want to let go of unreasonable fear or act more creatively in the face of a legitimate threat. It examines the roots of our anxiety — the fear of change, of self-disclosure, of giving and receiving, of being alone. Richo asserts that beneath all of these is the greatest fear of all: the fear of love.

When Love Meets Fear charts a path that can free us from the grip of fear. Richo suggests things to do that will help us to love even when we're afraid. The way to gain power over fear, he says, is first to become defenseless. When we embrace our weakness despite our trepidation, we can no longer be wounded. That's when fear loses its hold over us. — DL

Fear is not always negative. Pain and fear have always played a part in initiation ceremonies or experiences. Sometimes the fear you feel before a new task or as you pass through a rough-edged transition may be part of the initiatory trial that any hero faces. A hero is, after all, someone who has lived through pain and been transformed by it. There is a vast difference between unhealthy, neurotic fear and appropriate fear. This book will help you distinguish between the two.

— from When Love Meets Fear

Jungian Psychology

Alchemical Active Imagination

By Marie-Louise von Franz
\$16.95. 154 pp. paper. ISBN 0877735891. Shambhala

Looking backward historically, we can say that what we see now as two things, and which for the sake of clarity we try to keep apart — namely a difference between what in Jungian terms we call the collective unconscious and what in physics we call matter — were, in alchemy, always one: the psyche.

— Marie-Louise von Franz

Dr. von Franz is a scholar of medieval Latin, an eminent psychoanalyst, an author, and the founder of the C. G. Jung Institute in Zurich. She has published widely on subjects ranging from dreams to personality, typology, psychotherapy and fairy tales. The text of this



C. G. Jung Foundation book is based on a series of lectures she gave at the C. G. Jung Institute in 1969. Here, von Franz continues with Jung's own work by illuminating the discarded tradition of alchemy, casting further light on this mysterious subject matter and comparing alchemical methods to the Jungian practice of active imagination.

Beginning with a short historical sketch of the origins of alchemy, she then addresses the two strands into which it evolved. The first, an "introverted" strand, developed techniques of meditation and active imagination, while the second more, "extroverted" strand focused on chemistry and matter. Her talks then focus on a text written by the sixteenth century alchemist Gerhard Dorn, a student of Paracelsus.

Von Franz quotes sections of Dorn's text, and includes Jung's notes and commentary on his theories, as well as her own contextual commentary and explanation. She also compares and contrasts the Jungian practice of active imagination with alchemical work. — RZM

We generally think of active imagination as talking to our own personified complexes, and trying in our imagination and fantasies to personify certain of our complexes and then have it out with them, allowing the ego complexes or the ego to talk to these inner factors.

— Marie-Louise von Franz

Balancing Heaven and Earth

A memoir of visions, dreams, and realizations
By Robert A. Johnson, with Jerry M. Ruhl
\$23.00. 307 pp. cloth. ISBN 0062515063. HarperSF

In the tradition of Carl Jung's *Memories, Dreams, Reflections*, Robert A. Johnson's delightfully candid, profound, and entertaining memoir reveals his mystical visions, his encounters with modern sages, holy men, and con-artists, and the wisdom of a lifetime devoted to balancing the inner and the outer, the masculine and the feminine, the eternal and the everyday.

As one of this century's most popular psychology scholars, Johnson was among the first to present Carl Jung's rich but complex theories in a simple, elegant and accessible manner, thus opening them up to a new and hungry audience. His masterful works — including the bestselling *He, She, Inner Work*, and *Owning Your Own Shadow* — are known and loved as much for their beautiful retellings of timeless myths and folktales as for their wisdom and insight.

Balancing Heaven and Earth reveals, for the first time, Johnson's own fascinating and mystical life — from his near-death experience at the age of eleven to the life-long soul journey that has informed his writing and taught him how to live spiritually in the modern world. Full of compelling, humorous, and surprising stories, it lays bare Johnson's own inner world with its dazzling landscape of powerful dreams, mystical visions, and synchronistic events.

Johnson's quest leads him in search of Eastern wisdom, and to encounters with such wise men as J. Krishnamurti and D.T. Suzuki. Finally, he encounters Carl Jung,

who shows him his destiny revealed in a dream. Johnson's experiences give him a unique understanding and acceptance of the synchronicity at work in all our lives, guiding and shaping us into who we are or, as Johnson says, "call it fate, destiny, or the hand of God."

As much a personal guide as it is a memoir, *Balancing Heaven and Earth* is a wonderful blend of illustrative myth and psychological insight that showcases enough wisdom for a lifetime. — DL

Selected books by Robert Johnson are: *Owning Your Own Shadow: Understanding the Dark Side* (\$10.00 paper ISBN 0062507540); *Ecstasy: Understanding the Psychology of Joy* (\$12.00 paper ISBN 0062504320); *Inner Work: Using Dreams and Active Imagination* (\$13.00 paper ISBN 0062504312); *She: Understanding Feminine Psychology* (\$10.00 paper ISBN 0060963972 & \$9.95 audio cassette ISBN 1559270330); *He: Understanding Masculine Psychology* (\$9.50 paper ISBN 0060963964 & \$9.95 audio cassette ISBN 1559270322); and *We: Understanding the Psychology of Romantic Love* (\$14.00 paper ISBN 0062504363).

Dream Animals

Writings by James Hillman,
Paintings by Margot McLean
\$21.95. 90 pages. cloth.

ISBN 0811813274. Chronicle Books

James Hillman, author of *The Soul's Code*, joins with artist Margot McLean in a collaboration that is a hauntingly beautiful reflection on the presence of animals in our waking lives, as well as in our dreams, imaginings, emotions, and thoughts. Hillman has written more than twenty books, and McLean is a visual artist living and working in New York City who has long addressed environmental issues focusing on the animal and botanical worlds.

Hillman's essays each focus on a specific animal, while in McLean's dreamy, mys-

EDITOR'S CHOICE



terious canvases they emerge from the background or recede into it. Ultimately, the authors evoke our relationship to animals, how we live with them, and what their passing or extinction

from this earth will mean to us.

Animals wake up the imagination. You see a deer by the side of the road, or geese flying in formation, and you become hyperalert. I've found that animal dreams can do this too . . . You know, people come to therapy really for blessing. Not so much to fix what's broken as to get what's broken blessed. In many cultures animals do the blessing since they are the divinities.

Hillman is a seminal figure in contemporary psychology. He asks us to reach past traditional boundaries, and to search for a deeper authenticity. In this book, he asks us to wake up to animals, understand that they share the earth with us, and take action before they, and all they mean to us, have disappeared forever. — RZM

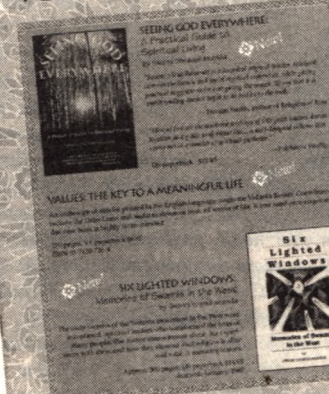
This is a sensuous bedtime book for the imagination, an antidote to antipathy and soullessness. Hillman's observations and McLean's paintings are a charged collaboration that will change the way you think about dreams, souls, and the very real animals among us. — Amy Tan, author of *The Joy Luck Club*

Other interesting items by James Hillman are: *The Soul's Code: In Search of Character and Calling* (\$12.99 paper ISBN 0446673714 & \$18.00 audio cassette ISBN 0679453016); *The Myths of the Family* (\$29.95 audio cassette set ISBN 1879323559); *Dream and the Underworld* (\$13.00 paper ISBN 0060906820); *Thought of the Heart and Soul* (\$14.00 paper ISBN 0882143530) and *The Puer Papers* (\$20.00 paper ISBN 0882143107).

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JUNGIAN PSYCHOLOGY TO RELIGION

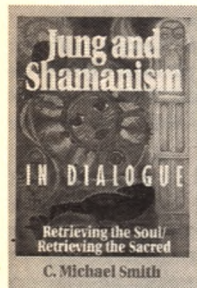
Jung and Shamanism in Dialogue

Retrieving the Soul/ Retrieving the Sacred

By C. Michael Smith
\$29.95. 251 pp. paper
ISBN 0809136678.

Paulis Press

C. Michael Smith took Jungian psychology and transcultural shamanism and "sat" them down for a conversation. In this, the ensuing dialogue, shamanism and the archetypal "wounded healer" are examined from a Jungian perspective, while Jungian psychology and Jung himself are analyzed in terms of shamanistic principles. This is more than a provocative piece of organization. It is a clinical comparison intended as a resource for psychotherapists, social workers and anyone interested in the crucial merger of soul and psyche. Synthesizing two of the most involved belief systems in human psycho-spirituality is no cakewalk and certainly cannot be considered light reading. But Smith does a brilliant job of making both the information and the comparison accessible, so it's well worth the effort. Many professionals and enthusiasts in the field of psychology are beginning to understand the importance of incorporating an individual's spirituality into traditional psychotherapy. Smith's work is an invaluable step in achieving this unity. — GL



The Redemption of the Feminine Erotic Soul

By Dr. Rachel Hillel

\$16.95. 151 pp. paper. ISBN 0892540389.
Nicolas-Hays

In the dreams of her analysands, Psychologist Rachel Hillel found the Goddess's sacred vulva and the sacred Priestess in the form of the harlot and the healer. This book explores the challenges we confront as we integrate these erotic images into the everyday consciousness of both men and women. It also asks us to consider why reconnecting with feminine erotic energy is essential. Hillel's research reveals that we need feminine lunar consciousness with its diffuse awareness and instinctual

EDITOR'S CHOICE



knowledge for balance. To survive sanely, we need its wisdom of the heart, its deep roots into the mysteries of soul and body, and its irrational access to the creative process. The Western world is built upon masculine mastery. And this mastery has brought us to a powerful place in the evolution of humankind, but to move forward, we must call on the healing powers of the feminine. Our dreams are a way to reconnect, a way to regain the powers of the sacred vulva. By working through them, we may be able to consciously assimilate the life-affirming dream images of the sacred Love Goddess and reclaim the power of our erotic soul. Let this book show you how. — ICS

There Are No Accidents

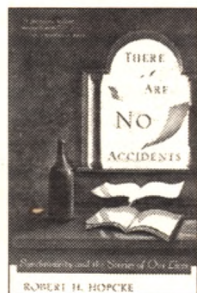
Synchronicity and The Stories of Our Lives

By Robert H. Hopcke

\$23.95. 260 pp. cloth. ISBN 1573220531.
Riverhead Books

You find yourself on the street where your lover once lived. The relationship is long over, but for some reason you cannot stop thinking of him. Then, when you arrive home, the phone rings, and it's your ex-lover! Coincidence or synchronicity? Robert H. Hopcke, a Jungian psychotherapist, explores the role of synchronicity in love, work, waking life, dreams, everyday existence and spirituality. Through interviews with people whose lives have been changed by unexpected chance encounters, he presents us with a rich array of true synchronistic stories. Synchronicity is, above all, a connecting principle. It shows us the specific aspect of our lives where a connection with all other human beings can be found. And a synchronistic experience, however overwhelming, is always numinous; undeniably, irresistibly, and unforgettably occurring in the presence of the Divine. This is when experience transcends human limitations. Hopcke wants us to see our lives as coherent narratives, in which synchronistic events are the turning points that reveal our story's deeper meaning. He is a psychotherapist and the director of the Center for Symbolic Studies, an institute for training in psychoanalytic and Jungian-oriented psychotherapy. — ICS

EDITOR'S CHOICE



Religion

Freedom Has No History

A Call to Awaken

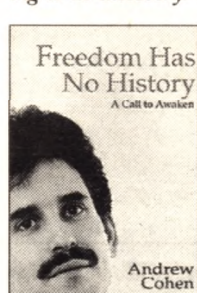
By Andrew Cohen

\$10.95. 103 pp. paper. ISBN 1883929172.
Moksha

Enlightenment is like a jewel and awakening is its discovery. When you come upon it, suddenly you realize, "I was so asleep. I thought things were one way and now I have found they are another." . . . As you pursue this shift in perception, what you discover is ever greater subtlety. It is always endlessly fascinating. Constantly turning that jewel in your hand, gazing into its reflection, you will see more and more and more. As you keep turning it, you find that the depth that is revealed there is miraculous.

Most people who are interested in spiritual freedom prefer to be followers. Very few are willing to make the sacrifices that are necessary to be free. — Andrew Cohen

If you are only curious about the spiritual path or enlightenment, this book may not be for you. But if you believe, or at least suspect, that there is such a thing as enlightenment, or higher consciousness, and if you want to live in an enlightened way, it may be perfect. Andrew Cohen experienced his awakening in 1986 and has totally devoted himself to the path of transformation ever since. In about a hun-



dred pages, he offers a series of challenges to his readers, for example: Are you willing to trust yourself? If you get a taste of enlightenment (which is not so difficult), are you willing to base your life in that experience (which is not easy), or will you slip back into your old ways? Are you really willing to live in the "now," or are you waiting for some "perfect moment" to arrive? Can you give up the safety of cynicism? Are you willing to stop struggling? If you have a spiritual experience, can you surrender to what that experience reveals? Are you willing to experience ecstatic intimacy? Can you experience the miracle of "not knowing?"

Cohen is telling us that we can become enlightened, so long as we are willing to pay the price. Though this may not sound appealing, it is true. However, if we are willing to make the necessary effort and sacrifice, our lives will become fresh and extraordinary instead of dull and repetitious. In his freedom from religious jargon, and his insistence that each of us change to create a better world Cohen reminds this reviewer of Krishnamurti. If you really want to experience the possibilities that life offers, let this book launch you in that direction. The point of all spiritual teaching is simple. The question is whether we are willing to accept it. — JC

Lucid Waking

Mindfulness and the Spiritual Potential of Humanity

By Georg Feuerstein

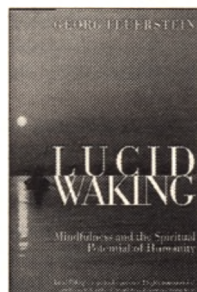
\$22.95. 230 pp. cloth. ISBN 0892816139.
Inner Traditions

If we are suspicious of . . . nobility, it is only because our contemporary civilization is driven by a maniacal disregard for the spiritual potential of the species. The mass media celebrate the false heroism of crime and sports, wealth and power, and other . . . products of a culture . . . ever in search of entertainment but oblivious to joy, wisdom, kindness, and love.

— Georg Feuerstein

The big news these days is technology and business, with sports and the movies thrown in for good measure. We have little time or interest for serious thought or philosophy, yet when we slow down to reflect for a moment, we are likely to feel very lost. Science has undermined so many of our traditional beliefs; at the same time, we are overwhelmed by the myriad teachings now available in the "spiritual marketplace." How then, do we make sense of our lives?

The answer, writes Georg Feuerstein, is not in another belief system or "ism," but in "lucid waking," awareness, or higher consciousness. His book eliminates once and for all the notion that higher consciousness is a mere fantasy, or "spiritual entertainment." While Western thought has reduced our minds to analytical intellect and reality to physical matter, Feuerstein reveals a consensus among the philosophers, religious thinkers, mystics and sages of all ages, who all say there is infinitely more to existence. In a little more than 200 pages, Feuerstein impressively surveys the spiritual terrain. He traces how we in the West have arrived at our narrow, reductionist, spirit and soul-denying view of life, and how major figures



in philosophy, religion and psychology have described the realms of creativity, intuition, and higher awareness. His survey covers many centuries of thought, both Eastern and Western, and includes Socrates, Jesus, the Bhagavad Gita, the great Buddhist teacher Shantideva, Gurdjieff, Jung, Bergson, and Rollo May, and many others.

Feuerstein's approach is intellectually and philosophically precise, suggesting that the modern world needs genuine philosophical inquiry — not as an intellectual pastime, but as a way to understand clearly who we are and how our lives are intimately connected with those of our fellow beings and our world. And these insights, along with our ongoing awareness, will transform our whole way of life, and resolve the essentially spiritual crisis we now face. — JC

Only if a sufficient number of men and women live from the viewpoint of true philosophy . . . can there be significant change for the better in our ailing society. If fact, the survival of the human race may well depend on this.

— Georg Feuerstein

Georg Feuerstein's wonderful new book . . . is well served by his extensive grounding in the great wisdom traditions . . . Feuerstein casts an illuminating eye on numerous, present day, sometimes urgent, always fascinating topics: the new age, the care of the soul, the effect of psychedelics, the nature of consciousness, the coming millennium (its promise and craziness) . . . the quest for wholeness, and — perhaps most important of all — the nature of a truly integral consciousness . . . A wise and wonderful book by one of the most illuminating thinkers of our time. — Ken Wilber

New Age Religion and Western Culture

Esotericism in the Mirror of Secular Thought

By Wouter J. Hanegraaff

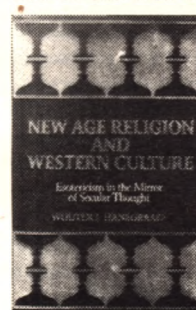
\$24.95. 580 pp. paper. ISBN 0791438546.
SUNY Press

Recent years have seen the spectacular rise of the New Age movement and an ever-increasing interest in its beliefs. This fascinating work by Wouter J. Hanegraaff, which presents the first comprehensive analysis of New Age Religion and its historical background, provides welcome orientation in the sometimes bewildering diversity of the movement.

Making extensive use of primary sources, Hanegraaff thematically analyzes New Age beliefs from the perspective of its religious roots. While looking at the historical backgrounds of the movement, he convincingly argues that its foundations were laid by so-called western esoteric traditions during the Renaissance. Hanegraaff also shows how the modern New Age movement emerged from the increasing secularization of those esoteric traditions during the nineteenth century. — DL

Finally, someone has mastered the vast literature of, and reality which is the New Age movement, and produced a comprehensive and authoritative survey of its major themes and most important leaders. Hanegraaff's effort should immediately become the foundation upon which future research of the movement will be constructed.

— J. Gordon Melton,
Institute for the Study
of American Religion, Santa Barbara



RUMI TO SHAMANISM

Omens Of Millennium

The Gnosis of Angels, Dreams, and Resurrection

By Harold Bloom

\$13.00. 255 pp. paper. ISBN 1573226297.

Riverhead Books

It is by yourself without ambassador that God speaks to you . . .

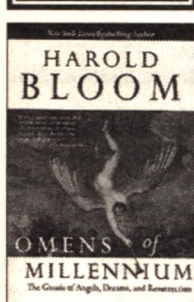
— Ralph Waldo Emerson

But if you do not know yourselves, then you dwell in poverty, and you are poverty.

— The Gnostic Jesus of the Gospel of Thomas

In this commanding and impassioned inquiry, Harold Bloom draws on a lifelong study of religion, and particularly Gnosticism. Gnosticism is based on the *knowing*

that God is not an external force but resides within each one of us. His is a fine



— and provocative — focus on man's relationship to God and on God's relevancy to man, especially as we approach the twenty-first century. Through the ancient literature of Jewish Kabbalah, Christian Gnosticism,

and Muslim Shi'ite Sufism, Bloom reveals that angels are not the kitschy cherubs we dabble with today, but are magnificent, terrifying, sublime beings who have always played a central role in Western culture. His book allows us to experience their splendor, and to appreciate the powerful role that dreams and near-death experiences have held throughout the centuries. The dazzling final chapter is a Gnostic sermon in which Bloom urges us toward transcendence. He is Sterling Professor of Humanities at Yale University and Berg Professor of English at New York University. He is the author of more than twenty books, including the best-selling *The Western Canon* and *The Book of J*. — ICS

Rumi

The Illuminated Rumi

By Jelaluddin Rumi

Translations and Commentary by Coleman Barks

Illuminations by Michael Green

\$30.00. 125 pp. cloth (8.5" by 11"). ISBN 0767900022. Broadway Books

Here the time-honored masterpieces of legendary Sufi poet and philosopher Jelaluddin Rumi are revamped for a modern world with elaborate, cyber-surreal graphic artworks. From fractals to gurus to fine art collages, this book handsomely manages the daunting task of aligning



images with some of the most moving, awe-inspiring prose and poetry ever written. Rumi was the quintessential seeker, whose love for existence in all its aspects underlies writings that have been guideposts to the

soulful for centuries. The book begins with a stirring narrative about Rumi's meeting with Shams of Tabriz, a wandering dervish monk, who would be Rumi's closest companion and source of inspiration until Shams's execution by fanatics in 1247. Few books have so clearly summarized the events of this penetrating kin-

ship. The narrative pays tribute to Shams and the crucial role he played in Rumi's evolution. This book is highly recommended as a tabletop-quality gift for anyone even remotely interested in the mind of a true spiritual legend. — GL

The Love Poems of Rumi

Edited by Deepak Chopra

\$12.00. 62 pp. cloth. ISBN 0609602438.

Harmony

Rumi's poems express the deepest longings of the human heart for its beloved, for that transcendent intimacy which is the source of the divine. This slender, beautifully packaged volume consists of new translations by the Farsi scholar Feriyouddin Kia, and is edited by Deepak Chopra to evoke the rich mood and music of Rumi's love poems. Exalted yearning, ravishing ecstasy and consuming desire are not overstated descriptions—there are few souls as passionate as this thirteenth century mystic. Nonetheless, what emerges are emotions as powerful today as they were seven hundred years ago.

*You come to us from another world
From beyond the stars
and void of space.
Transcendent, Pure,
Of unimaginable beauty,
Bringing with you the essence of love
You transform all
who are touched by you.
Mundane concerns,
troubles, and sorrows
dissolve in your presence,
Bringing joy
to ruler and ruled
To peasant and king
You bewilder us
with your grace.
All evils transform into goodness.
You are the master alchemist.
You light the fire of love
in earth and sky
in heart and soul
of every being
Through your loving
existence and nonexistence merge.
All opposites unite.
All that is profane
is sacred again.*

— Rumi

Rumi

In the Arms of the Beloved

Translations by Jonathan Star

\$21.95. 210 pp. cloth. ISBN 0874778948.

Tarcher/Putnam

*Day and night my father danced in ecstasy,
spinning on earth like the turning heavens.*

— Sultan Walad (Rumi's son)

There is a voice in us all that is everpresent, a voice that always sings its melody to the world. It is the voice of truth and certainty, and the voice that lays bare the soul's hidden mysteries. And this is the voice at the heart of *Rumi: In the Arms of the Beloved*.

This inspired state of consciousness — one most of us hope to glimpse during sacred moments in our lives — is the



state in which poet-saints continuously live. Jalaluddin Rumi was such a poet-saint. He was a pure instrument of the Divine, a flute upon which God played an exquisite song. And though the magnificence of Rumi's poetry has heartened the faith of people worldwide for more than seven hundred years, he is more renowned today than ever. His magical words, humor, and love transcend the ages while touching the hearts of all who read or hear his work.

Master translator Jonathan Star has assembled poems that span the life of Rumi and include his most celebrated and poignant works. Some of the poems included here have never before been published in English. The result is an enchanting collection of classic Eastern thought, that creates a stimulating and inspiring experience for every reader. — DL

*All night I danced round the house
of my Beloved.*

*In the morning he came out
and offered me some wine.*

I had no cup —

"Here's my empty skull," I said.

"Pour your wine in here."

— Rumi

Shamanism

Beyond Fear

A Toltec Guide to Freedom & Joy

The Teachings of Miguel Ruiz, M.D.,

as recorded by Mary Carroll Nelson

\$16.95. 208 pp. paper. ISBN 1571780386.

Council Oak Books

Miguel Ruiz shows how ancient Toltec practice can be applied by people today to free themselves of fear. As a direct descendant of the Toltec tradition of Nagual's,



his wisdom comes from a vision of the spiritual center in Teotihuacan. Here, during the centuries before the Aztecs, spiritual seekers traveled through the mouth of the plumed serpent on a journey of spiritual transformation, moved beyond fear and ascended to a

state of empowerment. In this book Ruiz shares an extraordinary body of mystic knowledge and shows, step by step, how today's seekers can undergo a similar transformation.

Mary Carroll Nelson presents Ruiz's life story, his practice, and his words, all of which

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bring together the knowledge to move human beings beyond fear toward a state of complete spiritual and emotional freedom. Nelson is also the author of the excellent *Artists of the Spirit*. Miguel Ruiz is a medical doctor as well as a Nagual, who received specialist spiritual training as a *Master of Intent* from his mother's family. — DL

Love and Power

By Lynn V. Andrews

\$23.00. 143 pp. cloth. ISBN 0060186461. HarperCollins

"Love and power are not opposites; they are different aspects of the same whole. Recognizing this, living this, is true mastery. When we are able to see the possibility of balancing love with power in a moving, shifting manifestation of reality, then we create the access to a life of joy."

Lynn Andrews is the author of *Medicine Woman, The Dark Sister*, as well as ten other books, and has created an impressive body of work based on Native American shamanic teachings. The lessons in her new book focus on themes of love and power, mastery, balance and duality.

Drawing on experiences she has had with her own teachers and other students, Andrews offers a mirror that reflects where readers may be on their path, and what their next steps might be.

Readers familiar with Andrews's work will recognize some of the lessons, but these now appear in the form of dialogues and meditations about the shamanic path of spiritual development. These teachings appear as "keys" or "mirrors" to help students glimpse the greater realities of their problems and struggles.

Andrews's evocative language follows the shamanic tradition. Speaking of "acts of power" she describes how a woman needs to build her power, to contain it and gather it up, and to use it appropriately. She also reflects on the emptiness of a life based only on power, disconnected from love, and the importance of gratitude. She treats love and power as two threads, separate parts of each other, that build upon each other, and would not be whole alone. Each section in the book is followed by "Ideas to Contemplate," questions that help readers personalize the teachings and apply them to their own lives. — RZM

A small selection of noted books by Lynn Andrews are *Medicine Woman* (\$14.00 paper ISBN 0062500260); *The Dark Sister: A Sorcerer's Love Story* (\$12.50 paper ISBN 0060927658) and *Crystal Woman: The Sisters of the Dreamtime* (\$12.99 paper ISBN 0446385727). In addition, she has created a visionary deck of cards useful for shamanic meditations and visions: *The Power Deck: The Cards of Wisdom* (\$30.00 book & deck ISBN 0062500783).

Social Consciousness

The Voice Of Hope:

Aung San Suu Kyi

Conversations With Alan Clements

By Aung San Suu Kyi

\$24.95. 301 pp. cloth. ISBN 1888363509.

Seven Stories Press

Political integrity means just plain honesty in politics. One of the most important things is never to deceive the people. Any politician who

deceives the people either for the sake of his party or because he imagines it's for the sake of the people, is lacking in political integrity.

— Aung San Suu Kyi

Aung San Suu Kyi and several of her closest colleagues founded the National League for Democracy (NLD) in Burma in the '80s, when Burma was under the dictatorship of the notorious Ne Win. The NLD quickly won the support of the people. On July 20, 1989, Aung San Suu Kyi was put under house arrest and other party leaders were incarcerated. Only in 1990 were free elections held, and, not surprisingly, the NLD party won a landslide victory. But instead of transferring power to the elected representatives as promised, Ne Win instigated a nationwide crack-

down, imprisoned many elected officials, and effectively silenced any dissent. Finally, after six years under house arrest, Aung San Suu Kyi was released and to this day she continues to speak out defiantly against Ne Win's regime. However, "Nothing has changed since my release . . ." she says. "Let the world know that we are still prisoners within our own country." In 1991, while still under house arrest, Aung San Suu Kyi was awarded the Nobel Peace Prize. Her book, *The Voice Of Hope* is a journey to the heart of this heroic woman's struggle. In response to perceptive and probing questions put to her by journalist Alan Clements, Kyi describes how she managed to sustain her hope and optimism even when her husband and two sons were kept from her, and while so many of her followers and associates were hurt or killed. Besides political action, she discusses Buddhism, non-violence, death and sacrifice. The book concludes with two conversations with Aung San Suu Kyi's closest colleagues, U Tin U and U Kyi Maung, both of whom share important roles in the National League for Democracy. *The Voice Of Hope* is an inspiring look into the heart of true power and leadership. Besides being a journalist, Alan Clements is a worldwide lecturer on Buddhist Psychology, human rights and spiritual-social activism. He is the founder and co-director of the Burma Project USA, a human rights organization based in Mill Valley, California. — ICS

release . . ." she says. "Let the world know that we are still prisoners within our own country." In 1991, while still under house arrest, Aung San Suu Kyi was awarded the Nobel Peace Prize. Her book, *The Voice Of Hope* is a journey to the heart of this heroic woman's struggle. In response to perceptive and probing questions put to her by journalist Alan Clements, Kyi describes how she managed to sustain her hope and optimism even when her husband and two sons were kept from her, and while so many of her followers and associates were hurt or killed. Besides political action, she discusses Buddhism, non-violence, death and sacrifice. The book concludes with two conversations with Aung San Suu Kyi's closest colleagues, U Tin U and U Kyi Maung, both of whom share important roles in the National League for Democracy. *The Voice Of Hope* is an inspiring look into the heart of true power and leadership. Besides being a journalist, Alan Clements is a worldwide lecturer on Buddhist Psychology, human rights and spiritual-social activism. He is the founder and co-director of the Burma Project USA, a human rights organization based in Mill Valley, California. — ICS

Sufism

Essential Sufism

Edited by James Fadiman & Robert

Frager, foreword by Huston Smith

\$20.00. 265 pp. cloth. ISBN 0062514741.

HarperSF

The Sufis are the mystics of Islam. Every upright Muslim expects to see God after death, but the Sufis are the impatient ones. They want God now—moment by moment, day by day, in this very life. And they are willing to undergo the disciplines that make that possible. This book presents selections from a multitude of saints and sages whose hearts were opened through the Sufi path.

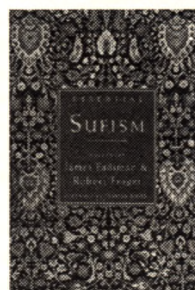
—Huston Smith, from the foreword

Essential Sufism is a broad-ranging, accessible exploration of the treasures produced by a faith that has touched a dozen cultures and endured for over fifteen hundred years. Presenting more than

three hundred beautiful and inspirational works from all eras of Sufism, from thousand-year-old prayers to contemporary Sufi prayers to contemporary Sufi Poetry, this beautiful collection embraces the full diversity of a rich tradition and reveals the heart of Islamic mysticism.

Written by Sufi prophets, saints, and teachers, these luminous stories, fables, and aphorisms help us to see the love and generosity of God in all of creation, and to experience the love for all things that embodies the Sufi's relationship with God. Voicing a passionate faith that aims to soft-

EDITOR'S CHOICE



en hearts hardened by daily life and open them to love, the Sufi tradition as revealed in these pages teaches us to seek the Divine but also to remain engaged in the world, to find our opportunities for spiritual growth, awareness, and generosity, and to realize

that there is nothing in this world or the next that is not both loved and loving.

Accompanied by Huston Smith's thoughtful foreword and the editors' insightful commentary, *Essential Sufism* will reach the hearts of the faithful and the curious alike. Readers who were touched by the joyful poems in *The Essential Rumi* will find *Essential Sufism* a delightful introduction to such moving writers as Ibn al-Arabi, al-Ghazzali, Hafiz, and Attar. Those seeking instruction in the wisdom of this ancient faith will find *Essential Sufism* an invaluable companion. — DL

The thing we tell of can never be found by seeking, yet only seekers find it.

— Bayazid Bistami

The Self-Disclosure of God

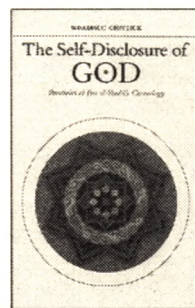
Principles of Ibn al-'Arabi's Cosmology

By William C. Chittick

\$24.95. 483 pp. Paper. ISBN 0791434044.

SUNY

Mysticism is a unique form of knowledge. Those who have the courage to know God directly cannot describe their experiences in ordinary language or the abstractions of philosophy; the immensity of their vision can only be conveyed through the language of the imagination. And in contrast to the objective approach of the scientist, the mystic often insists that ultimate knowledge of the cosmos must be rooted in knowledge of oneself, and of God. Ibn al-'Arabi, who lived during the 13th century, was one of the very greatest Sufi mystics. His exclamations were greeted with respect and awe by some of his contemporaries, and with fear and antagonism by others. He wrote that the highest possible knowledge was a "station of bewilderment," and spoke of self knowledge as an experience so deep that it was like "an ocean without shore." William Chittick describes his writings as "shock treatments for the spiritually ill." And in this book, he translates and interprets more than one hundred chapters from Ibn al-'Arabi's monumental work, "The Meccan Openings." The book consists of three sections, dealing with God



and the Cosmos, the structure of the universe (which consists of the visible realm of ordinary perception, and the invisible realm of angels and spirits), and the nature of the human soul as a microcosm or reflection of the greater cosmos. Chittick, who has already published a number of works on Sufism, is an unusually sensitive and insightful interpreter of these mystical writings and the level of insight that they convey. He includes an introduction to Ibn al-Arabi's cosmology, and helpful indexes of Koranic Verses and Hadiths. For English speaking readers, this is the most detailed presentation to date of the teachings of Islam's greatest mystical philosopher and theologian. — JC

The Subject Tonight Is Love

60 Wild and Sweet Poem of Hafiz

Versions by Daniel Ladinsky

\$10.00. 67 pp. paper. ISBN 0965763706.

Pumpkin House

Shams-ud-din Muhammad Hafiz (c. 1320-1389), though little known in the Western world, is the most treasured poet of Persia (Iran). To Persians, the poems of Hafiz are not classical literature from a remote past, but cherished love, wisdom and humor from a dear and intimate friend. These extraordinary works are not only poetry of the highest order but they have proven themselves to be a vital and



loving teacher, always trying to bring one nearer to the Beloved, to Freedom, to our own divine Self — with a wonderful playfulness and an undeniable logic and truth.

Hafiz's poetry is rooted in the beautiful human need for

companionship as well as in the soul's innate desire for the complete abandonment of all experience, except *Light*. These verses speak on many levels simultaneously but they are crafted by Hafiz with such a sweet genius that one rarely feels left out. The love and ecstatic spirit in these poems is too alive for the conventional arenas of teaching, so they often explode and whirl into the effulgent realms, inviting us to follow. For as the Persian Master says, "You are really a golden bird that needs to dance."

Light

Will someday split you open

Even if your life is now a cage,

For a divine seed, the crown of destiny, Is hidden and sown on an ancient, fertile plain You hold the title to.

Love will surely bust you wide open

Into an unfettered, blooming new galaxy

Even if your mind is now

A spoiled mule — Hafiz

Tarot

Choice Centered Tarot

By Gail Fairfield

\$9.95. 153 pp. paper. ISBN 1578630150.

Samuel Weiser

Gail Fairfield was drawn to the Tarot in 1973 when she was given a reading by "a friend of a friend." After that, using intuition as well as practical experience, she developed her choice centered orienta-



tion to the Tarot — and to life. In her book she emphasizes the psychological meanings of the Tarot and explains how its imagery can be applied to any deck the reader uses. She breaks down the structure of the Tarot deck, explains the Minor Arcana's numerical development and its four suits, explores the meanings of the twenty-one cards in the Major Arcana — including descriptions of the most common images, and maps layout patterns for readings. Along the way, she shares her own reading process as a helpful guideline. The wonderful thing about this book is that Fairfield encourages readers to explore all the nuances and infinite possibilities of the Tarot. Nothing is written in stone. *Choice* is the key, your choice in particular. That freedom makes the Tarot a tool for personal empowerment, for introspection, and for clarifying issues, which is very exciting indeed. — CHP

Tarot Handbook

Practical Applications of Ancient Visual Symbols

By Angeles Arrien

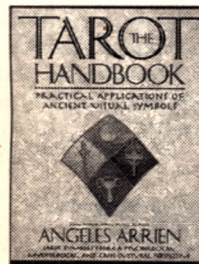
\$22.95. 320 pp. paper. ISBN 0874778956. Tarcher/Putnam

The Tarot could be described as God's Picture Book, or it could be likened to a celestial game of chess, the Trumps being the pieces to be moved according to the law of their own order over a checkered board of the four elements.

— Lady Frieda Harris, in *Instructions for Aleister Crowley's Thoth Tarot Deck*.

This book was originally published in 1987, and has been reprinted nine times, nationally and internationally. It has been translated into German, Dutch, and Hebrew, attracting readers of all ages and professions. It's a classic. Why? Because it restores the Tarot to its original purpose as the tool for practicing self-reflection and developing wisdom. The book is divided into eight sections, beginning with the author's introduction. Ms. Arrien then segues into a general history of the Tarot and its use, followed by a discussion of the

Major Arcana, which explores in depth the major universal principals or archetypes that all humans experience at different times in their lives. She draws on Aleister Crowley's Thoth Tarot deck — whose beautiful images are pic-



tured throughout the text — because it is the only one containing Egyptian, Grecian, Eastern, Medieval, and Christian symbols, as well as incorporating numerology, astrology, alchemy, and the Cabala. In other words, the Crowley deck is distinctly cross-cultural in its symbolism. The following section deals with the Royalty cards, which symbolize the levels of mastery that we achieve in life. After that, Arrien explores the Minor Arcana, which functions as a mirror of our challenges and inherent talents. Section VII covers Methodology, with in-depth instructions and charts for finding your personal life-time symbols and growth cycles. The final section shows the practi-

cal use of the Tarot including several different spreads with a daily spread record and log sheets. There are three Appendices, a thorough Bibliography, and an Index for fast reference. Angeles Arrien, a cultural anthropologist and educator, is President of the nonprofit Angeles Arrien Foundation for Cross-Cultural Education and Research. — CHP

Another noted book by Angeles Arrien is *The Four-Fold Way: Walking the Paths of the Warrior* (\$18.00 paper ISBN 0062500597). The most popular Crowley tarot deck is *The Thoth Tarot* (\$15.00 64 card tarot deck ISBN 0880793082).

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tion (\$19.95, ISBN 9734730013, Ethereal Filmworks); *Inner Art of Meditation* by Jack Kornfield (\$19.95, ISBN 1564553906, Sounds True); *Seven Spiritual Laws of Success* by Deepak Chopra (\$19.95, ISBN 1561763551, Mystic Fire Video); *Shirley MacLaine's Inner Workout* by Shirley MacLaine (\$19.95, ISBN 0805106278, Vestron Video); *Zen: The Best of Alan Watts* (\$24.95, ISBN 1885538065, Well Spring); and *Heart of Tibet: An Intimate Portrait of the 14th Dalai Lama* (\$29.95, ISBN 1561762482, produced by Martin Wassell, Mystic Fire Video).

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Qigong-Chi Kung

Awakening and Mastering the Medicine Within You

By Roger Jahnke, OMD

\$29.95. VHS Video cassette. 60 minutes. ISBN 9990239053. Health Action

Qigong-Chi Kung is China's ancient and remarkable system for cultivating life energy and self healing. Dr. Jahnke's exploration of Tai Ji (T'ai Chi), Qigong (Ch'i Kung) and Chinese medicine has led to his rich understanding of natural medicine and self-initiated healing. This video



instructs you in methods for gathering energy from your surroundings, refining it within, and even sharing it with others. The program is simple enough for the beginner, yet sufficiently advanced to challenge experienced students who are looking for ways to enhance their practice. The video explores six separate Qigong methods: Vitality, Seven Precious Gestures, Tendon Changing, Spontaneous Practice, Marrow Washing and Qigong Verses. Beautiful scenery and exquisite music by Bruce Baccar create an atmosphere conducive to self-healing and energy cultivation.

Practitioners of Qigong maintain that no discovery of modern science and no tradition from ancient culture is more profoundly empowering than this remarkable self-improvement art. Refined over thousands of years, these exercises and meditations are catalysts for physical, psychological and spiritual transformation. Practitioners frequently exclaim that Qigong saved their lives when other healing and transformative methods failed to help them. We owe it to ourselves to try this extraordinary system presented by Dr. Jahnke. You will find that while these self-healing methods are relatively easy, their physical, mental and spiritual benefits are quite profound. — SM

Dr. Jahnke is also the author of *The Healer Within: The Four Essential Self-Care Methods for Creating Optimal Health* (\$23.00 cloth ISBN 0062514768).

The Wave

A Revolutionary Moving Meditation

By Gabrielle Roth

\$19.95. video cassette. ISBN 9990184909. Raven Recording

Artist, healer and philosopher Gabrielle Roth's work explores and communicates the ecstatic experience through ritual theater, movement and trance dance music. She discovered five universal rhythms that



are metaphors for the events and people in our lives. These rhythms are: Flowing, Staccato, Chaos, Lyrical and Stillness. Each rhythm is a teacher, a gateway to the soul. By exploring these rhythms with Roth, you develop your own natural style of movement and intuitive dance so you

can "dance around your bones." These rhythms invite you to free your body and spirit from ordinary consciousness and catalyze motion deep in your psyche. We advise you to relax, breathe deeply, surrender to the beat with your entire body and dive into *The Wave*.

A review of Gabrielle Roth's latest book *Sweat Your Prayers* is in the *New Age Philosophy* section. It includes a selected list of her books and music.

Western Mysticism

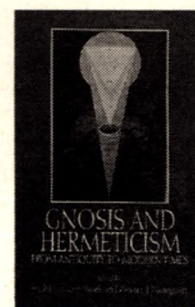
Gnosis and Hermeticism From Antiquity to Modern Times

Edited by Roelof van den Broek

and Wouter J. Hanegraaff

\$24.95. 420 pp. paper. ISBN 0791436128. State University of New York Press

It is thought that western culture is based on the twin pillars of Greek rationality, on the one hand, and biblical faith, on the other. This clear and concise scholarly work introduces what has sometimes



been called "the third component of western culture." It traces the historical development of those religious traditions which have rejected a worldview based on pure rationality or doctrinal faith. These traditions emphasize the importance of inner en-

lightenment or gnosis: a revelatory experience which was typically believed to entail an encounter with one's true self as well as with the ground of being, God. These traditions are referred to as "Western Esotericism."

Van den Broek and Hanegraaff trace the development of "Western Esotericism" from Renaissance hermeticists and practitioners of spiritual alchemy to the emergence of Rosicrucianism and Christian theosophy in the seventeenth century, and from post-enlightenment aspects of Romanticism and occultism to the present-day New Age movement. The book provides a revelatory look at the West's esoteric beginnings. Roelof van den Broek is Emeritus Professor of the History of Christianity at the University of Utrecht, The Netherlands. He has also written *The Myth of the Phoenix: According to Classical and Ear-*

Where To Park Near the Bodhi Tree Bookstore

Dear Friends of the Bodhi Tree,

Good news! Forty-one new parking spaces are now available on Melrose Avenue west of the Bodhi Tree, thanks to a City of West Hollywood street improvement project. This was accomplished through redirection of traffic flow and the use of angled parking.

Below is a guide that we hope will make it easier for you to park and help you avoid getting a parking ticket. **Park cautiously** and feel free to ask us where and when you may park.

WHERE YOU CAN ALWAYS PARK:

The Bodhi Tree has three off-street parking spaces near the front of the Used Book Branch on Westbourne Drive.

Parking Meters: You may park wherever there is a parking meter (this includes Melrose Avenue and on side streets as well). You must pay the meter from 9:00 a.m. — 6:00 p.m.

The meters are free after 6:00 p.m. and all day Sundays. The maximum time allowed is two hours.

Meters only take quarters — 25 cents for 20 minutes.

Forty-one new spaces (angled parking) are now available on Melrose Avenue west of the Bodhi Tree (in front of the Pacific Design Center and farther west).

WHERE YOU CAN PARK MOST OF THE TIME:

The side streets south of Melrose — west side: 2 hour free parking is available on the west side of the side streets south of Melrose (toward the Beverly Center) Monday through Saturday from 7:00 a.m. to 7:00 p.m. After 7:00 p.m. there is no parking in this area, nor all day Sunday.

The Pacific Design Center: The nearest parking lot is at the Pacific Design Center at the corner of Melrose Avenue and San Vicente Boulevard, just 1 1/2 blocks west of the Bodhi Tree. The hours are 6:00 a.m. to 10:00 p.m. Monday through

Friday. The rate on weekdays is \$1.00 every 20 minutes with a maximum of \$6.00. **If you enter after 5:00 p.m. there is a flat rate of \$2.25.** On Saturday and Sunday, parking is available all day until 3:00 a.m. for the flat rate of \$2.25. Occasionally, the attendant isn't there and it's free!

WHERE YOU CAN NEVER PARK:

The side streets north of Melrose: No parking is allowed at any time in the area north of Melrose (towards Santa Monica Blvd.), except at parking meters.

The side streets south of Melrose — east side: The area south of Melrose is a different permit area with different rules. There is no parking here at any time on the east side of the street. Parking is allowed at times on the west side of the street. (see *Where You Can Park Most of the Time*)

Please don't be discouraged — there's usually enough parking most of the time in the areas listed above.

WESTERN MYSTICISM TO WORK

by *Christian Traditions and Studies in Gnosticism and Alexandrian Christianity*. Also at the University of Utrecht, Wouter J. Hanegraaff is a Research Fellow in the Study of Religions. He is the author of *New Age Religion and Western Culture: Esotericism in the Mirror of Secular Thought*. — ICS

Spiritual Revolution:

A Seeker's Guide

52 Powerful Principles for Your Mind & Soul

By Michael Goddard

\$12.95. 153 pp. paper. ISBN 0875167063.

DeVorss & Company

Spirituality is that part of us that is most loving, vital, wise, powerful, and tender. It is our connection to the Divine. Michael Goddard offers you fifty-two principles to help you start your personal spiritual revolution. You may find that in practicing these principles, you are uprooted from your customary way of living in the world. You may find yourself awakened to your true essence; your connection to the Divine. By following

the principles as they are presented and doing the exercises and activities, you can enhance your awareness of God, cultivate the five primary spiritual virtues, hone your mind, uplift your soul, and bring greater love into every aspect of your life. Michael Goddard began at age ten to consciously seek and practice his spiritual path. For thirty years, he has studied the teachings of Saints and practiced the disciplines given by the living Masters. — ICS

Principle 19: Don't repress, discriminate and be true to yourself

Principle 23: Take advantage of your human birth

Principle 43: Do not dwell on your faults — dwell in your spiritual work

Think on These Things

The Wisdom of Manly P. Hall

Compiled by Clarke E. Johnston

\$7.95. 150 pp. paper. ISBN 089314424X.

Philosophical Research Society

The great American teacher and spiritual philosopher Manly Palmer Hall (1901-1990) founded the Philosophical Research Society in Los Angeles in 1934. His purpose was to assist thoughtful persons wishing to live more graciously and constructively in a troubled world. While only in his twenties, Hall gave the world one of the most essential books for any spiritual library, the remarkable *Secret Teachings of All Ages*.

Hall went on to author hundreds of essays and books which cover the breadth and depth of both the Eastern and Western mystical traditions. *Think on These Things* is a collection of quotations from Hall's many writings compiled by a long-time student and friend. Covering a wide range of philosophical and religious topics, they provide gentle inspiration for the thoughtful soul confronted with the intense pressures of contemporary life. The realization that the individual can transcend his mundane problems by applying Manly P. Hall's principles, echoes throughout this inspiring book. — DL

Bookishness may lead to loneliness and scholarship may end in a battle of beliefs but the wise man gazing off into space sees not emptiness but a Space full of life, Truth and Law . . . To the ignorant, the wise man is lonely because he abides in the heights of the mind. But the wise man himself does not feel lonely. Wisdom brings him nearer to life, closer to the Heart of the World than the foolish man can ever be.

— Manly P. Hall

Other selected seminal books of Manly P. Hall are: *The Secret Teaching of All Ages: An Encyclopedic Outline of Masonic, Hermetic, Qabbalistic and Rosicrucian Symbolical Philosophy* (new edition with color plates) (\$54.95 oversize paper ISBN 089314830X, \$69.95 cloth ISBN 0893145483 & 1st edition facsimile, \$165.00 large cloth ISBN 0893145386); *The Secret Destiny of America* (\$12.95 paper ISBN 089314388X); and *Man: Grand Symbol of the Mysteries* (\$17.95 paper ISBN 0893143898).

The Ways Of The Mystic

Seven Paths To God

By Joan Borysenko, Ph.D.

\$12.95. 121 pp. cloth. ISBN 1561703923.

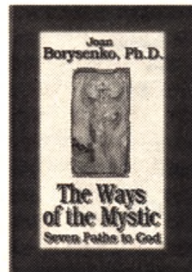
Hay House, Inc.

The eye with which I see God is the same eye as that with which he sees me. My eye and the eye of God are one eye, one vision, one knowledge, and one love. — Meister Eckhart

In her introduction, Joan Borysenko notes an observation made by Albert Einstein, who remarked that the delusion of our separateness is simply an optical illusion of consciousness. And Borysenko finds that this illusion is fading. Today, more and more people are recognizing that every one of us is part of the divine. In the Judeo-Christian tradition, the shift of perception from isolation to unity is

understood as a conversion experience. For those who have experienced this "conversion" and for those searching for the divine, *The Ways Of The Mystic* describes seven paths to divine union. These paths are spiritual rather than religious: For some, the way to the divine is through beauty. For others, the way is through creativity, love, devotion, study or service. Borysenko suggest that "different strokes

EDITOR'S CHOICE



for different folks" is the best approach to spirituality. So, you will find a variety of exercises throughout the book to guide you in your own search and learning, and to help you see as the mystic sees. You will see beyond the illusion of separateness, and find divine union as it

finds you, whether you call it God, the Tao, the Great Spirit, the Infinite Mystery, Mother, or Father. But, it can only be known through love. Joan Borysenko, Ph.D., is a respected scientist, gifted therapist, and unabashed mystic. — ICS

Trained at Harvard Medical School, Borysenko is the author of several important books including: *A Woman's Book of Life: Biology, Psychology, & Spirituality of the Feminine Life Cycle* (\$14.00 paper ISBN 1573226513); *Pocketful of Miracles: Prayers, Meditations & Affirmations* (\$10.99 paper ISBN 0446395366); *Mending the Body*, *Mending the body* (\$13.95 paper ISBN 0553345567); *Power of the Mind to Heal* (\$12.00 paper ISBN 1561701440) and *Meditations for Relaxation & Stress Reduction* (\$10.00 audio cassette ISBN 1561700525).

Work

The Heart of Conflict

By Brian Muldoon

\$22.95. 257 pp. cloth. ISBN 0399141804.

Putnam

Every day, in ways big and small, at home or in the workplace, conflict is an unavoidable, even necessary, part of our lives. And although it can be threatening and destructive, conflict is an essential catalyst in personal, social, and corporate evolution. It is a great natural resource that can renew and revitalize our lives, not to mention our organizations.

In a most compassionate and compelling way, *The Heart of Conflict* shows us how to meet the challenges of conflict, in

order to achieve practical results and make sense of our inevitable differences. The book provides a holistic perspective that helps us to understand when collaboration is possible or when a more adversarial stance is required.

Brian Muldoon has employed his skills as a mediator with hundreds of individuals, corporations, and government agencies. Here, he goes beyond negotiation strategies by letting us know how negotiation fits into the larger task of managing conflict. How do we get the other side to the table? What do we do when the conflict is so hot that negotiation is impossible? How do we deal with conflicts that are so deeply buried that no one wants to admit to them or their impact? What do we do when all attempts to resolve conflict fail?

Above all, *The Heart of Conflict* demonstrates that conflict follows a predictable course which, if understood, allows us to control it rather than being its victim. This important book guides us to deeper awareness of the role human needs play in the advent and resolution of conflict. — DL

Conflict is a subject worthy of careful study, for our lives are rich with adversity. It may portend a tragedy or follow a painful loss. Conflict threatens our very survival as a species, but, paradoxically, it is also indispensable in making the human experience bearable. The process of confronting and resolving conflict can help us organize our lives in a way that gives it meaning.

—from the preface

The Spiritual Style of Management

Who is Running This Show Anyway?

By James F. McMichael

\$12.00. 185 pp. paper. ISBN 0965666808.

Spirit Filled Press

The Spiritual Style of Management is a book that shows how to forge a more spiritual and humanistic style of managing that allows a greater, infinite power to work through all employees in an organization. James F. McMichael, a highly regarded senior management trainer, presents a model that allows managers to articulate this greater power in ways that help everyone focus on where the collective power is leading them. McMichael also demonstrates how, even without completely running the show, a manager can help an organization accomplish goals and produce more creative and produc-

tive results.

This is a book designed for those managers open and willing to take an honest look at themselves and their methods. It examines daily management practices from the perspective of the universe and the interconnectedness of all its elements, and deals directly with the issue of top-down control and its negative effect.

This is less a "how to do it" book and more of a "why to do it" book. With specific examples of the ways in which the spiritual style works for everyone, *The Spiritual Style of Management* is a great guide for all who are trying to bring spirituality into the workplace. — DL

This book represents the next generation of management practices. It takes the next step of looking at management in the context of universal principles and finds we are not in control of the universe, not even our small part. Nonetheless, organizational results can still be produced through a whole new working place relationship that requires more discipline and provides far greater personal rewards than the old line of command thinking.

— Grantham Couch, Ph.D., Professor of Business, Erskine College

True Work

The Sacred Dimensions of Earning a Living By Justine Willis Toms and Michael Toms, cofounders of New Dimensions Radio \$21.00. 205 pp. cloth. ISBN 0517705877. Bell Tower \$16.95. audio cassette. ISBN 1561704784

Do you feel that your work is a meaningful part of your life? As you are working, how is your state of mind? Do you work for a goal, such as money or position, or do you find some intrinsic satisfaction in the work itself? Do you feel that you are performing a worthwhile or beneficial service? And if you don't feel positive about your work, is there anything you can do about it?

This book will encourage you to look at these compelling questions about work, that major part of our lives. The book is based on the authors' experience of founding and operating New Dimensions Radio, which presents interviews with many leading spiritual thinkers. Michael Toms had abruptly left a lucrative and "promising" career with a large corporation, to launch this new enterprise.

True Work explains many approaches that help make work a positive and fulfilling aspect of life. One is to positively adapt to your present job, another is to make the creative leap into your ideal vocation. In either case, the authors lead you through all the states of mind that lead to fulfillment and success — or boredom and frustration. Along with these specific tips and suggestions, the authors share many inspiring stories to demonstrate how the universe mysteriously supports you once take a bold step in the direction you want to go. Unfortunately, we often think of

work as an obligation, while "life" consists of whatever time and energy we have left over. Whether you stay in your present job or create a new one, *True Work* will show you a much better way of working — and living. You may be able to find your dream career, as the authors did, or you may discover many ways to approach your present job with a new spirit and attitude. — JC

Joseph Campbell once asked a provocative question that is relevant to challenging work situations: "Is the system going to flatten you out and deny your humanity, or are you going to be able to make use of the system to the attainment of human purposes?" — Justine Willis and Michael Toms.

Other books by Michael Toms are: *The Soul of Business* (\$12.95 paper ISBN 156170377X) and *At the Leading Edge: New Visions of Science, Spirituality & Society* (\$14.95 paper ISBN 0943914515)

Yoga

The Essence of Yoga

Essays on the Development of Yogic Philosophy from the Vedas to Modern Times

By Georg Feuerstein and Jeanine Miller \$12.95. 176 pp. paper. ISBN 0892817380. Inner Traditions

The problems which we face today are, whether we like it or not, profoundly religious in nature. For this reason, Feuerstein and Miller believe, we cannot afford to ignore the psychological-cum-philosophical findings of the old Indian culture which reached a high religious and philosophical maturity at an early time — and which, on account of its rich experiences over more than four millennia, is incomparably helpful to the struggle of Western humankind. If practiced consistently, yoga can be of greater value

for the re-molding of human personality — and thus of our age — than any other science, religion or philosophy, for it opens to us a new aspect of existence — the realm of the Self beyond personality and the phenomenal world. And so this collection of essays portrays the living pulse of Indian philosophy, which is the art and science of Yoga. It begins with an introductory essay outlining Yoga, especially the classical form. A second essay introduces subsequent articles on ancient Indian spirituality. It includes the authors' interpretation of the Vedas, particularly the *Rigveda*, which is the fountain-head of all later Indian systems of thought. Subsequent essays discuss primary texts and concepts in Yoga, such as the meaning of suffering, and its termination. The concluding chapter focuses on Meister Eckhart's spiritual teachings, which show a striking resemblance to the most advanced philosophical schools of India. Feuerstein and Miller are long recognized as authorities on the yogic tradition. For any scholar of Yoga or the Christian mysticism of Meister Eckhart, this book is a boon. — CD

Other important books by Georg Feuerstein are: *The Shambhala Encyclopedia of Yoga* (\$30.00 cloth ISBN 1570621373); *The Shambhala Guide to Yoga* (\$12.00 paper ISBN 157062142X); *Lucid Waking: Mindfulness and the Spiritual Potential* (\$22.95

DOUGLAS E. HARDING

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"Insight derives from images more than it does from reasoning, and the image Harding hit on is a powerful one." — Huston Smith, Ph.D.

"Following in the tradition of the Buddha who cautioned that we do not take another's word about the truth of existence, but rather experience for ourselves, Douglas E. Harding poses a number of provocative experiments for himself and us which one by one topple our preconceptions about ourselves." — Ram Dass

Douglas E. Harding has devoted his life to looking into and sharing the extraordinary wonder of who we really are. This wide-ranging selection of essays by the author of *On Having No Head* points directly back to you, the reader. It is a heartfelt challenge to awaken to your True Identity — which, as Harding demonstrates, is more wonderful than any of us can imagine, easier to see than anything in the world.

"Not an atom of substance, not a twinge of feeling, not the shadow of a thought can survive in the rarefied atmosphere of the Center. Here remains only Attention, simple Awareness, pure consciousness-of-consciousness without content or qualification, and this can never come and go." — Douglas E. Harding



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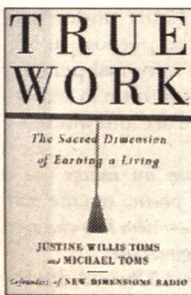
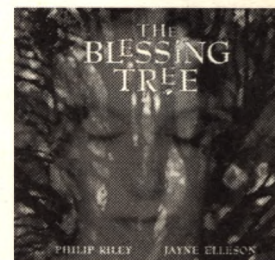
— Kevin Maxwell
music dept. manager,
Bodhi Tree Bookstore

If You Love the Sound of Enya, You'll Love This New Title From White Cloud's World of Music

Fans of Enya will love these captivating Celtic melodies, blended with touches of Irish pipes, whistles, and swirling keyboards. *The Blessing Tree* by Philip Riley conjures a timeless place of legend and beauty.

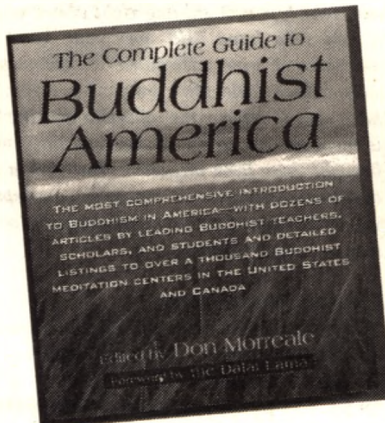
Coming in June

Also available from Philip Riley: *Visions and Voices* and *A Pattern of Lands* **White Cloud**, a Jon Mark / Klaus Heymann Ambient Label Distributed by Naxos of America, Inc.



Do you feel that your work is a meaningful part of your life? As you are working, how is your state of mind? Do you work for a goal, such as money or position, or do you find some intrinsic satisfaction in the work itself? Do you feel that you are performing a worthwhile or beneficial service? And if you don't feel positive about your work, is there anything you can do about it?

This book will encourage you to look at these compelling questions about work, that major part of our lives. The book is based on the authors' experience of founding and operating New Dimensions Radio, which presents interviews with many leading spiritual thinkers. Michael Toms had abruptly left a lucrative and "promising" career with a large corporation, to launch this new enterprise.



The Complete Guide to Buddhist America

Don Morreale, With a Foreword by the Dalai Lama

A comprehensive directory to over a thousand Buddhist meditation centers in the United States and Canada, with introductory essays by teachers, scholars, and students.

\$23.95 paperback original 1-57062-270-1

"More than a simple directory of Buddhist centers, this book offers an in-depth guide to Buddhist practices in America and to the crucial role meditation centers across the country are playing in shaping a uniquely American Buddhism. *A Comprehensive Guide to Buddhist America* offers ample evidence that the lotus of the Buddha-dharma has not only taken root in the rocky soil of America but has blossomed with wondrous variety and profusion." — Rick Fields, author of *How the Swans Came to the Lake: A History of Buddhism in America*



SHAMBHALA
Boston & London

YOGA TO PARAMAHANSA YOGANANDA

cloth ISBN 0892816139); and *Wholeness or Transcendence: Ancient Lessons* (\$15.95 paper ISBN 0943914582).

The Essence of Yoga

Reflections on the Yoga Sutras of Patanjali

By Bernard Bouanchaud

\$14.95. 274 pp. paper. ISBN 0915801698.

Rudra

This book is for those who are interested in a deeper view of yoga than its physical exercises alone. Indeed, the *Yoga Sutras* of Patanjali constitute an authoritative treatise on yoga as a discipline of mind, body and spirit. This is a profound and mysterious practice, which originates in the *Vedas*, a collection of very ancient texts that are the foundation of the Hindu spiritual tradition. The *Sutras* were handed down by oral tradition. Under the master's supervision, a disciple learned the 195 sutras by heart — the brevity and the simplicity of

these aphorisms ensured that the text was handed down accurately from generation to generation. The beauty of the aphorisms is that they address the concerns of our essential being: the causes of suffering, and how to reduce them. Moreover, while they weave together as a harmonious whole, each chapter also presents a coherent teaching in itself. Following a thematic translation of every *Sutra*, Bouanchaud provides themes for personal reflection, the original Sanskrit text, a literal translation, including elements that elucidate the word function in the aphorism, and a word-by-word translation. For serious students, you could not ask for a book more complete. — CD



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The New Yoga for People Over 50

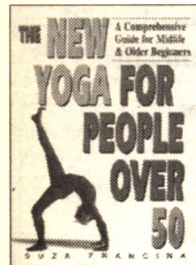
A Comprehensive Guide for Midlife & Older Beginners

By Suza Francina

\$11.95. 286 pp. paper. ISBN 1558744533.

Health Communications

Suza Francina is a certified Iyengar yoga instructor and director of the Ojai Yoga Center in California. She has over 20 years of experience in the field of yoga and exercise therapy. In this comprehensive guide, Ms. Francina describes and illustrates how to begin and maintain a yoga program through personal stories and over 100 easy-to-follow instructional photos of older teachers and students. You will learn how the health of the spine and posture affect every system of the body and how yoga postures and breathing exercises benefit the circulatory system, the heart and other vital organs; relieve menopausal symptoms; and remove stiffness and inertia from the body. You are never too old to do yoga. Guided by this book, you may discover the fountain of youth! — CHP



Teachings of Yoga

Translated and edited

by Georg Feuerstein

\$13.00. 236 pp. paper. ISBN 157062318X.

Shambhala

Millions of Americans have taken up the practice of Yoga as a way of reducing

stress, increasing flexibility, and improving overall health. But Yoga is more than a physical discipline; it is four-thousand-old tradition with a rich philosophical and spiritual literature. The readings in this book offer an inspirational introduction to this vast treasury of texts. Presented here are a wide range of the most accessible writings, including teachings on the path of liberation from the ancient Hindu Upanishads; devotional songs in praise of Krishna by the celebrated sixteenth-century poet Mirabai; insights on the attainment of joy from the Sanskrit epic Mahabharata; and inspiring sayings and teachings from contemporary figures such as Ghandi, Swami Vivekananda, and Gopi Krishna. Most Yoga scriptures are fairly technical, sometimes crammed with difficult philosophical and metaphysical notions, as well as complicated descriptions of advanced spiritual practices. To compile an anthology that will be helpful to beginners, Feuerstein found passages that are characteristic of the yogic approach yet not burdened with overly difficult concepts or practices. The quotations in this volume simply inspire. After

all, the sages of long ago recommended that the next best thing to immersing oneself in Truth directly through profound meditation and ecstasy was to hear it from the mouth of one who knows — and then to ponder it with one's own reasoning ability. — CD

In actuality, God is not far from the seeker, nor is it impossible to see Him. He is like the sun, which is ever shining right above you. It is you who have held over your head the umbrella of your variegated mental impressions which hide Him from your view. You have only to remove the umbrella and the Sun is there for you to see. It does not have to be brought there from anywhere. But such a tiny and trivial thing as an umbrella can deprive you of the sight of such a stupendous fact as the sun. — Meher Baba

Tibetan Power Yoga

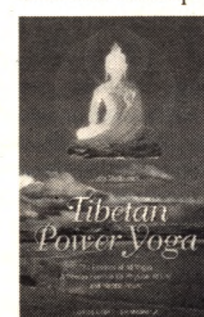
The Essence of All Yogas: A Tibetan Exercise for Physical Vitality and Mental Power

By Jutta Mattausch

\$9.95. 114 pp. paper. ISBN 0914955306.

Lotus Light

Tibetan Power yoga has been considered the essence of all secret and highest yogas for thousands of years. Even today, it is practiced by ordinary Tibetan citizens in the monastery, as well as by monks in the lonely cave hermitages of the Himalayas. People who practice this yoga on a regular basis can develop the perfect merging of



mind, body and soul. As her teacher, Lama Tsering Norbu, told Mattausch, "This exercise is the essence of all yogas in a bud. The perfect knowledge of Buddha is reflected within it." Some call the practice "Tibetan Prostration." Mattausch explains that prostration is far from subjugation, but the radical form of a bow to something worth admiring. The practice has given the Tibetans physical vitality and mental pow-

er since time immemorial. Interestingly, Mattausch shows that the profound words of wisdom found in Buddhism can be appreciated without the necessity of dedicating oneself completely to this religion. So long as we go through life with an open heart, many possibilities will open up for us. Mattausch's story of her own education is both moving and entertaining. Completely undogmatic, it guides us to seeing life in a new way. — CD

Paramahansa Yogananda

Autobiography of a Yogi

By Paramahansa Yogananda

\$39.00. 592 pp. slip-bound cloth. ISBN

0876120869. Self Realization Fellowship

And the corresponding unabridged

audio cassette set, read by Ben Kingsley,

\$79.95. complete boxed audio cassette

set. 18 hrs. ISBN 0876120850.

Whether you are just a beginner or a seasoned veteran of spiritual studies, here is a book that is a "must read." As W. Y. Evans-Wentz states in the preface, "The

value of Yogananda's *Autobiography* is greatly enhanced by the fact that it is one of the few books in English about the wise men of India which have been written, not by a journalist or foreigner, but by one of their own race and training

— in short, a book about yogis by a yogi." Paramahansa Yogananda (1893-1952) is considered to be one of the preeminent spiritual figures of the twentieth century. In colorful, warmly human chapters, he describes his experiences and training with the modern-day saints and illumined masters of India, and explains with scientific clarity the subtle but definite laws by which yogis perform miracles and attain self-mastery. *Autobiography of a Yogi* is at once an absorbing account of a singular search for Truth and a profound introduction to the whole science and philosophy of Yoga, which also reveals the underlying unity of the great religions of East and West.

Besides the deluxe cloth edition listed above, there are several other editions of the *Autobiography of a Yogi* available. From



Self Realization Fellowship, they are: \$4.50 paper ISBN 0876120796; \$12.50 paper ISBN 0876120834; \$18.50 cloth ISBN 0876120826. From Crystal Clarity, there is the 1946 facsimile of the 1st edition: \$14.95 paper ISBN 1565891082 and an abridged audio cassette set read by J. Donald Walters, \$29.95 6 cassette set ISBN 1565891090.

New gift editions of books by Paramahansa Yogananda are: *The Law of Success: Using the Power of Spirit to Create Health, Prosperity and Happiness* (\$8.00 48 pp. cloth ISBN 0876121563) and *How You Can Talk with God* (\$8.00 56 pp. cloth ISBN 0876121687)

Journey to Self-realization

Discovering the Gifts of the Soul

By Paramahansa Yogananda

\$17.50. 438 pp. cloth. ISBN 0876122551.

Self-Realization Fellowship

All of us are on the same sacred journey, to a destination as yet perhaps only dimly glimpsed — a journey of discovery that will gradually unfold before us, revealing all along the way new gifts and graces of the soul.

— From the preface by Sri Daya Mata

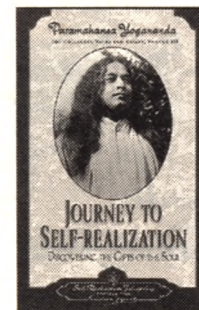
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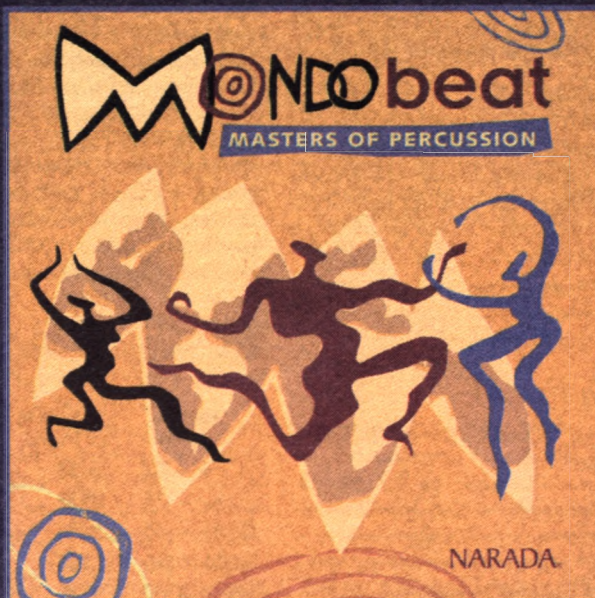
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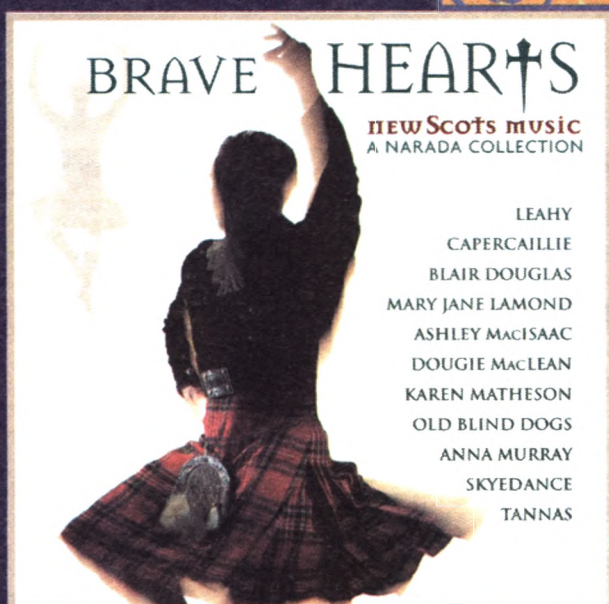
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